

*A*  
Right profitable Booke for  
all diseases, called, The Pathway  
to Health.

Wherein are to be founde most excellent & approued Medicines of great vertue: as also notable porions and drinks, and for the distilling of diuers precious waters, and making of Oyles, and other comfortable receits for the health of the body, neuer before imprinted.

First gathered by Peter Leuens, Master of Art of Oxford, and student in Physick and Surgery: and now newly corrected and augmented.

*Ecclesiastes. 38.*

¶ Giue vnto the Physitian that vnto him belongeth.

AT LONDON,  
Printed by I. Roberts for Edward VVhite, and are to be solde at the little North doore of Paules Church, at the signe of the Gun.

1596.







## TO THE READER.

**I**N my opinion gentle Reader (which also is the saying & writing of all the Philosophers,) those things are most principall to bee taught and maintained, which in the common wealth are most profitable and necessary, then may I say without iust cause of reproofe: if some thinke no shame to displeasure many, for the pleasuring of a few, then I neede not to blush, nor feare to profit many, by hurting of none, by the publishing of this my booke abroad: not pend without paine, nor drawne without diligence, nor ended with ease, wherein are such and so many notable, rare, profitable, and precious things, as neuer were yet set forth in any volume in our English tongue, nay, diuers of them were neuer hetherto imprinted. Although I haue giuen the onset to publish in our owne naturall tongue thys most excellent worke for all diseases, for the which cause it should not bee the lesse esteemed, although some, more curious then wise, esteeme of nothing but that which is most rare, or in hard or vnknowne languages. Certainly, these kinde of people cannot abide that good and laudable Arts should be common to many, fearing, that theyr name & practise should decay, or at the least should diminish: the intention truly of such persons, seemeth much like them that gape for all, and would all haue, leauing nothing to any body, but that which they must needes forgoe: not considering that we are not borne for our selues onely, as *Plato* sayth, but for the profite of our Country. Surely, if I did not feare to be too long in thys my Praeface, I would proue, how all Arts and Sciences may be published in that tongue which is best to be vnderstood, as for example. *Galen* the Prince of this Art, being a Grecian, wrote in the Greeke. Also, King *Auicene* he wrote in the Arabian speech. Also

## To the Reader.

So *Plinie*, *Celsus*, *Serenus*, and other of the Latinists, wrote to the people in the Latine tongue. *Marcilius Ficinus*, whom all writers assent to be singularly well learned, disdained not to write in the Italian language, generally to all men. If then the intent of all that euer set forth any notable studie, haue beene to be read of as many as would, what reason is it that we should keepe secrete among a few, the thing that was made to be common to all? Christ sayth, no man lighteth a Candle to couer it with a bushell, but setteth it to serue euery mans need: and these goe about not onely to couer it when it is lighted, but to quench it before it bee kindled, if they might by malice: which as it is a detestable thing in any godly Science, so me thinks in thys so necessary an Arte, it is exceeding damnable and deuillish, to debar the fruition of so inestimable benefits, which our heauenly Father hath prepared for our comfort and innumerable vses, wherewith he hath armed our impotent nature, against the assaults of so many sicknesses, whereby his infinite mercy and abundant goodnes, is in nothing else more apparantly confessed: by the which benefits, as it were with most sensible arguments spoken out of heauen, hee constraineth vs to thinke vpon our owne weakenes, and to acknowledge, that in all flesh is nothing found but misery, sicknes, sorrow, sinne, affliction, & death: no, not so much strength as by our own power to relecue one member of our bodies diseased. As for the knowledge of medicines, comfort of hearbs, maintenaunce of health, prosperitie and life, they be his benefits & proceed of him, to the end that we should in common helpe one another; and so to liue together in his Lawes and commaundements: desiring all those which shall find any fault herein, that they will friendly amend that is amisse.

THE

# THE PATHWAY to Health.

\* For all the parts of the head.

For to make the hayre to grow.

**T**ake a Polliwarpe, skinne and all, and lap it in a cloute, and burne it to powder in an earthe pot, then take Does dirt, and lap it in a clout, and burne it to powder, & mingle these two powders together with Honney, and annoint the place where you would haue haire to grow. Also take and grind red Onions very small, and annoynt the place therewith, and the haire will grow by quickly.

For to make hayre to grow where none is.

**T**ake Hasel nuts, with huskes and all, and burne them to powder, then take Beech mast, and the leaues of Enula campana, and stampe the hearbe and the mast together, then seeth them together with Honny, and annoynt the place therewith, then strew the powder thereon, this will make haire grow.

Another experiment to make haire grow.

**T**ake Gallows, and seeth them roots and all, and wash the place where haire wanteth, and it will grow in small time. Take Honny and Beares greace, and mingle them together, and make an oyntment thereof, and annoint the head therewith. Also take a good quantitie of Bees, and dry them in a siue by the fire, and make powder of them, and temper it with oyle Olive, and annoynt the place where the haire should grow.

An experiment for to wash the head,

**T**ake an ounce of Turpentine, & an ounce of White Wax, and a pottle of Burges wine, of Storax calamita, an ounce, and a little Cerus, and Mastick, and so make good strong lye, and put therein those gummies, and so wash the head therewithall. Also take the oyle of Tartar, and warme it, and annoynt any balde head therewith, and it will restoze the haire againe, and that in short space, this hath bene proued true.

## The Pathway to health.

Another for to wash the head, and to make the  
hayre yellow.

¶ Take the best and the strongest Lye that can be made, then take a good handfull of red fennell, of Pargerum as much, of Sage a handfull, Clolets as much, of Damaske Roses a handfull, of Red Roses as much, two Nutmegs, of Cloues & Spice one ounce of each, Emula campana, as much, Dice powder, as much, Licorice two or three sticks sliced, a handfull of Lander spike, and let the lye stand nine dayes, and then straine it, and seeth it one waue, and scum it, then put all the hearbs and spices therein, and so occupie it when you thinke good, with a sponge wet your haire, and then let it dry in of it selfe: this wil keepe your head from aking, and make your haire as yelowe as golde.

Another to make the hayre yellow.

¶ Take the rinde or barke of Rubarbe, and take the scrapings thereof, and sleepe it in white wine, or cleere Lye, and after that you haue washed your head therewith, you shall wet your haire with a Sponge, or some cloth kept for that purpose, then let your haire dry against the fire or sunne, and the oftner that you vse it, the better it will proue, as I haue often tryed.

For to stay hayre from falling.

¶ Take and make strong standing Lye, and take a great company of Slope rootes, and burne them to ashes, and mingle the ashes and the Lye together, and therewith wash your head, and it wil keepe the haire from falling of, and vse this often, it is well proued. Also if you take the ashes of little Frogs being burnt, it staeth the falling of the haire, and the ashes of Coats dang, mingled with oyle, doth increase haire.

Another for the falling of hayre.

¶ Take the ashes of Culuerding in lie and wash the heade therewith. Also Walnut leaues beaten with Beares suet, restoreth the haire that it plucked away. Also the leaues and middle rind of an Oke sodden in water, and the head washed therewith, is very good for this purpose.

For

## The Pathway to health.

2

For to kill Lyce in the head.

¶ Take Frankensence, and Barrowes greace, boyle them together in a pan of earth, and with this oymntment rub the head where the lyce is, and it will kill them.

Another to kill Lyce in the head.

¶ Take Stauesaker, and beat it to powder, and mingle it with blacke Soap, and annoynt the head therewith, and it will be quicklie cleane.

For the Nirs in the head.

¶ Take the gall of a Calfe, and smere the head therewith, and it will kill the Nirs.

For woormes in the hayre.

¶ Take and rub Calamint on the head, and it will slep the woormes in the haire.

For to doe away hayre.

¶ Take the head of Nettles, and stampe them, and temper it with Cyfell, and annoynt the head therewith: but first shaue or pul away the haire, for it is better. After this you must sweat, and when that you are hote, then annoynt your head therewith, and doe this three daies, and there will growe no more haire in that place. Also take the gumme of Arabick, and annoynt the place where the haire groweth, and it shall quicklie fall awaie.

For to take away hayre.

¶ Take the shells of two Egges, beate them small and still them with a good fire, and with that water annoynt the place. Or els take hard Cats dunge, dry it, and beate it to powder, and temper it with strong Vineger, then wash the place with the same, where you would haue no haire to grow.

An experiment for to take away haire.

¶ Take the blood of a Snail without a shell, and it hindereth greatly the growing up of haire. Also take Labdanum, the gum of an Iuie tree, Cinnets Egges, Arsenick and Vinegar, and binde it to the place where you will haue no haire to grow.

An

## The Pathway to health.

Another for to take away hayre.

¶ Take the iuyce of Sumitoy, and mire it with gum Arabick, then lay it on the place of the haire first plucked out by the rootes, and it will neuer permit any moze haire to grow in that place. Also if you annoynt your heade with the iuyce of a Slowome stamped, it hath the same vertue.

For the scurffe in the head.

¶ Take of the decoction of Hallow rootes, and wash your head often therewith, and it will cause the scurffe to fall away. Also the decoction of the middle rinde of an Olme, the head being washed therewith, doth mightily driue out the scurffe.

Another for the scurffe in the head.

¶ Take Vinegar, and boyle it in wine lees a little, and annoynt all ouer the scurffe: but first cleanse it, and it will mightily heale and dry it. Also take the branch of a greene Fig tree, with the leaues, and stampe them in water, & it will heale the scurffe being washed therewith. If the scurffe be newe, vse this medicine daily with Vinegar, and annoynt the head therewith: this hath bene proued.

For wheales or pushes in the head.

¶ Take and wash your head with Vinegar, or with water wherein Camomell hath bene sodden. Also the leaues of Aloes stampt with honny, doth lightly heale the same. Also towe Cresses stampt with Goose grease, dooth speedily heale the pushes or wheales that be in the head.

For a scald head.

¶ Take a penny-worth of Lampe oyle, and halfe a pynte of faire water, and boyle it well together, and when it is cold, put thereto halfe a penny-worth of Quicksiluer, and temper it well together, and annoynt the head therewith.

For a scald head.

¶ Take the liuer of a Thornebacke, and seeth it by it selfe, then take six roots of Enula campana, and seeth the by the space of thre



## The Pathway to health.

3

three holwers in cleane water, of Houselike three handfulls, stampe them and mingle them altogether, and strayne them through a linnen cloth, and make an oyntment of them, and annoint the head therewith, and if the haire be gone: take a handfull of woll and burne it to powder, and annoint therewith the head that is pilde, and the haire shall growe as thicke as euer it was before.

Another for a scald head.

¶ Take Groundsell, and Barrowes greace, and choppe the Groundsell small, and boyle it with a softe fier with the Barrowes greace, and so clip off the haire, and therewithall annoint the scald head.

For to heale a white scald in the head.

¶ Take Houndstung and Bozage rootes, of each a like quantitie, wash them faire and cleane, then shred them, & chop them small in peeces, seeth them in vineger about halfe a pint & more, then put in a little sweete Butter neuer salted, and let them boyle together till they be softe, then strayne them through a cleane cloth, and it will be a pleasant salue, then take a feather and annoint the Patients head withall, but you must vse to wash the scald head with Cow piss, or else with faire water: and this will heale the white scald head.

Another for to heale the white scald.

¶ Take græne coperis, rosen, ware, shepes suet, hony, and beat them small together, and boyle them well, and it will be a very faire salue, and this will heale any white scald: proued.

For the brayne an experiment.

¶ Take the Sirope of red Roses, with the powder of Lygnum Aloes, and the bone in the Harts hart, cloues, & the leaues of red Roses, or the Cakes thereof, and seethe them all together with Snger, and giue the patient thereof to drinke fasting, morning and euening.

For the brayne another.

23.

Take

## The Pathway to healk.

¶ Take the smoke of Lignum Aloes, and it comforteth the cold braine, and all weake parts of the braine, and the head.

For to restore the braine.

¶ Take and make powder of Betony, and vse it in thy potage, and it will restore the braine. Also take and chew Hare in your mouth. Also put into thy nose the roste or iuice of Galinagall, and it is good for braine or memoꝝ.

For the weaknes of the braine.

¶ Take and smell to muske, and for default of stoppings of the nose when it wingeth the hart and upper limmes, and causeth them in a manner to sound: take of the same of the Huske beneath. Also to comfort the braine, vse both Cloues and Hare in your bꝛeaths that they be sodden in, and also in your nosthylls. If the Patient haue the rume or pole: put the powder of Cardomonum, and the oyle of Huske into an Eggs-shell till it saith, and therewith annoynt the head.

For the fleame in the braine.

¶ Take the iuice of red Dockes, with the iuice of Rue, and put a little thereof into the nosthylls, and vse this in a flue or vertic warme place.

For him that hath lost his mind.

¶ Take the iuice of Parigolds, of Sage, of Wormewood, of each of them a spoonfull, and take as much white Wine and put it thereto, and let him drinke it at euen, and as much in the morning cold: and vse it for five dayes.

Another for him that hath lost his mind.

¶ Take and sheare off the haire of the mole of his head, then take Archangell and stampe it, and bind it to his head where it is shauen, and let him sleepe for a while, and when he awaketh: he shall be right make and sober inough.

For

## The Pathway to health.

4

For to keepe a good memorie.

¶ Take Bugwort, and lay it in white Wine, and then take it and distill it, and use to drinke of it fasting, and it shall preserve the memory. Also to take the iuice of Zippulus & drinke it fasting: causeth a good memory.

Another for memory.

¶ Take and grind Mustard with Vineger, and rub it mightily on the plants of the feet: and it doth quicken the memory of such persons as haue been long time sicke, and will stir them vp from all kind of forgetfulness of memory, and maketh them mindfull of such busines that they take in hand.

Against forgetfulness.

¶ Take Rue, red Rints, oyle Olue, and with very strong Vineger let thy nostrils be holden ouer the smoke thereof. Also burne thine owne haire, and mingle it with vineger and a little pitch, and apply it to thy nostrils, for it wonderfully stirreth and quickeneth the persons diseased with forgetfulness. Also take the lytes of a Hogge layde vnto thy head being shaven: is very good.

Another for forgetfulness.

¶ Take the gall of a Crane, being made warme in a leaden vessel, it doth thoroughly stirre vp the diseased body, if the nape of his necke be annointed therewith. Also take the smoake of Galbanum, or of an Harts hoine which is best of all for forgetfulness. Also the skin of an Hare burnt, and the ashes thereof drunke with Calamine, healeth the disease of the Lptarge.

Another for the same.

¶ Take Sauery and beat it and seth it in Vineger, and lay it in the forme of a plaister to the hinder part of the head: it doth merclly awaken those that are very heauy with sleape, nothing doth more and better quicken forgetfulness in men or women. Also the fume of a Kidde skin doth quicken forgetfull persons, and those that be infected with the falling sickness.

For the frensie in the head.

## The Pathway to health.

¶ Take oyle of Roses, oyle of Violets, of euery of them xx. poyss, and as much of the water of a Cowturd, & put it in a new vessell of earth, and boyle it till all the water be boyled away : then put out that, and put in other : into the same vessell, as much of that water, and boyle it thus seuen times, and then put thereto halfe of the fourth part of the poyss of Camphiere, and meddle it well together, and vse it on his head for the frensie when it is new shauen.

Another for the frensie of the head.

¶ Take the iuice of Smalage, veruice or vinegar, oyle of Violets or Roses : being put together in a vessell of glasse ouer the fire, all hot lay it to the Patients head, and so annoynt the head all ouer being shauen.

Another for the same.

¶ Take and annoynt the head with vinegar, and with oyle of Roses put thereto, and it is very good against Isargie or frensie, and for vomit of blood, the quantitie of foure Drams taken with wine profiteth much.

For the frensie in the head.

¶ Take the hot lights of a Goat, and clap it to the head of the Patient that is vexed with the frensie : and it taketh it away presently, and so doth a sponge dipt in warme wine, and put to the left pappe. Also the roote that is called Peppoyal boyled and layd to the head, will draw forth all madnes.

An experiment for the frensie in the head.

¶ Take a red stone that is found in a Swallow, and let the Patient carry it about him fast tyed in a linnen cloth, and put it vnder the left arme, and it doth heale all frensie & lunatick persons. Also a roasted moule eaten, is very good for frensie. Also sixty Venbans in swet wine, and therewith wash the frensies eares, temples, and nostrils, and it prouoketh sleepe.

For the megrim in the head.

¶ Take foure handfulls of red rose Flowers fresh in Summer, and in Winter : three handfull of Camomell, and as much  
of

## The Pathway to health.

5

of beruch, and breake them small with your hande, and boyle them in a pottell of white wine oꝝ Gascoyne, if it may be had, and if not: in Rochell wine, till it come to a quart, and put them in thre baggs, bꝛoched flat like a playster, and lay it where as the paine is, as hot as the patient may suffer it, and change them still hot and hot, during a day and a night, and longer if need be.

Another for the megrim.

¶ Take halfe an vnce of Calingall, and an vnce of Ginger, Putnecs halfe an vnce, Cloues a quarter of an vnce, Anisæde a peny waight, Enula Campana a quarter of an vnce, Licoris halfe an vnce, Sugar halfe an vnce, and beat all these together, and let the sick vse of this powder first and last a spoonful at once and within foure daies God willing he shall be whole.

Another for the megrim in the head.

¶ Take an vnce of Stauesaker, and beat it to powder fine, then take the third part of the powder, and of the white of an Egge, and a Putnec, and a little Commyn, a quantity of flaxe small hacked, beat them together, and lay it plaisterwise on his forehead, when that he goeth to bed, if he blæd: he shall be quicklie whole, if not: lay it on the oftner untill he blæd.

Another for the megrim.

¶ Take commyn, & beat it as small as ye can, that so done: sitt it thꝛough a fine cloth, and take the finest therof, & put therto the quantity of the gall of an Oxe, and beate them together till that they be thicke, and then make a plaister therof and lay it to the nape of the necke, and it shall help them.

For the same a medicine.

¶ Take Dasse roots, leaues and all, and beat them, & wring out the iuice, and put of the iuice into the nostrails of the person that is troubled with the megrim in the forepart of the head, so that the Patient may lye, that they may voide downe the iuice that descendeth from him oꝝ them.

## The Pathway to health.

For to know if that the braine can be broke.

¶ If the fleshy be whole about : take & shave the head there as the soze is, and deuble a linnen cloth, and spread on the white of an Egge, and bind it too one night, and on the morrow take it away, and looke if the cloth be moist or dry, for if it be moist the panne is broken and in the same place carue the fleshy, and let the blood out, and annoynt it with an oyntment made there: soze, and thus thou shalt saue him, or else he is but dead.

For the Fistula in the head.

¶ Against the Fistula in the head : take and seeth bitter Lupines in salt water : and put Vineger to them, and then straine it, and in the straining therof : put of the powder of Germaner and wash the head therewith.

For the Fistula in the head.

¶ Against the Fistula in the head, take and gather the roots of Egrimony, and dry them in the smoke, and after that it is dry : take and hang it about the neck of the Patient, and it will helpe him.

For the meigrim and for the impostume in the head.

¶ Take the foure peny waight of the roote of Pellitory of Spaine, a ob. waight of Spicknard, and boyle them in good Vineger, and when it is cold : put thereto a sponfull of hony, and a saucer full of Butterd, and mingle them well together, & hold therof in thy mouth a sponesfull at once, and vse this nine times, and vse soz to spit it out continually.

For an impostume in the head.

¶ Take Calingall halfe an vnce, Putmegs a quarter of an vnce, Cloues a penny waight, the flowers of Canell, a penny waight of Spicknard, a ob. waight of Anisade, a quarter of an vnce of Eoula Campana, halfe an vnce of Licoris, of Suger halfe an vnce, and beat them well together, and vse of this powder first and last : a sponfull at once.

An-



## The Pathway to health.

6

Another for the impostume in the head.

¶ Take Betony, Sage, red Spints, red Fenell, of each three crops, and eate them eight dayes together, or fourtene dayes: and after take the graine rinde of the Elder sticke of one yeres growing, and put the iuice thereof into thy nose three dayes, three times a day lying vpright, the space that one may goe a myle.

For the head ache.

¶ Take Rose Cakes, and stamp them very small in a mortar with a little Ale, and let them be dyed by the fier on a Tile hard, and lay it to the nape of the necke so backward: proued.

Another for the head ache.

¶ Take Hemlocks, and scethe them till they be as soft as pappe, lay it to the head where the paine is, & let it lye all night, and on the morning lay on another hot plaister of the same, and vse this foure or fve times, and by Gods grace the Patient shall be eased.

Another for the head ache.

¶ Take a Posset and lay it hot vpon the head, and let it off be laid too, for is cured a Physition diuers cures. And also take the oyle of Camomell, and anoint the browes and the forehead, and labour it very well, and lay the Patient downe, and make him sweat, and it shall helpe him. Also mingle a spoonfull of the iuice of Betony, with as much wine, and as much hony, and put thereto nine Pepper cornes, and drinke it foure dayes together: proued.

For the head ache.

¶ Take iuice of black Jury, & iuice of Rue, the oyle of Roses, white wine, and Vineger, and mingle all together, and annoint the temples therewith.

For the head ache.

¶ Take an handfull of red Sage, a handfull of redde Rose leaues sliced, a handfull of Camomell flowers dyed, a handfull of Bay-salt, a peece of leauened bread, two Nutmegges, beate them all together, and make as it werz a quilt, and rub ouer the  
herbs

## The Pathway to health.

herbes, and then lay it ouer his head in the forme of a plaister.

For the head ache proued.

¶ Take white earth-bind, and make iuce thereof, and put it into thy nose, and it shall purge thy head of rume, and it dooth away the headache. Also Leeks with leaues sodden in wine and emplaistred about the temples and the forehead, it dooth away all the head ache. Also take Musterd seed, Saffron, Rose flowers, or the leaues, and mingle them with Hope, and make a plaister thereof, & bind it to the head. Also take Insence, Dones dung, Wheat meale, and temper them with the whites of Eggs, and bind it to the forehead, and the temples, and it dooth away all aches of the head. Also wash the head with lye made of the powder of Colewoorts, of red nettells, and of white wine, and it dooth away the ache without doubt, for this is a true experiment proued.

For aking of the head.

¶ Take and make Lye of Veruaine, or of Betony, or of wicowewood, and therewith wash thy head thrice in the wake, and it shall do thee very much good.

For the vanitie of the head.

¶ Take the iuce of wallwort, Salt, hony, wax, & Insence, boyle all them together, and therewith annoint the temples.

For the vanitie of the head, and to wash the head, and to comfort the braine and memory, and for  
a fayre face.

¶ Take lye that is not so strong, and put two Pils of Dreniges, the Pils of as many Citrons, the blossomes of Camomell, Bay leaues a handfull, of maiden-haire a handfull, of Egrimonie two or thre unces, of barley-straw chopped in peces, a dishful of fenegreake, a pound of Wine lyes, two or thre dishfulls of brome blossoms, put all these into the lye, and mingle them together, and so wash the head therewith, and put a little Spyrre and Cinamon: this is proued.

For

For the Lytargie in the head in the hinder part, which  
maketh it for to shake.

¶ Take a pure blacke Cat, and flea her, and pull out her bowels, and pick away the fat from the guts, and put them into the body againe, and fill the body full of Buttercke, well steeped in the iuice of *ſerp*, and *Sage*, and then ſow the body vp, and roſt it vpon a ſpit, till it be ſo dry that it drop no more moyſture, then take the dꝛipping that cometh thereof, and put it in bladders, and when you will occuꝑy it, ſhaue the Patient in the neck, and annoint him by the ſker in the ioynt next to the head, and it ſhall help the græued.

Another experiment for the Lytargie in the head.

¶ Take and make the decoction of *Tuſſan*, *Smallage*, and of *Sage* in ſalt-water, and waſh the hinder part of the head therewith. Alſo take and ſetſy *Caſtoreum* in ſtrong vineger, put thereto of the powder of *Anacard*, and annoint the hinder part of the head therewith.

Another for the Lytargie in the hinder part of the head.

¶ Take and chop the rootes of *Siperus* very ſmall, and ſetſy them in oyle till the oyle be nigh waſted, then lay the reſidue that is left on the hot coales, and let the Patient take the ſmoke thereof at his mouth and noſe, and it will help him. Alſo bind the powder of *Euſtorbium* in a fine cloth, and hold it ſo to his noſe that he be conſtrained to neeſe. Or elſe take and make an oyntment of *Euſtorbium*, of *Pepper*, and of *Caſſore*, with oyle of *Puſke*, or common oyle with theſe powders, and iuice of *Gourds*, and annoynt and rubb the hinder part of the Patients head: proued.

For to purge the head and to clenſe it.

¶ Take *Pellitory of Spaine*, and chew a good quantitie of the roote in thy mouth three ſenerall daies, and it ſhall purge the head, do away the ache, and faſten the gums.

C.

For

## The Pathway to health.

For to purge the head an experiment.

¶ Take the sæde of Sconi sacra, and beat it all to powder, and when it is beaten small, take a fine linnen cloth, and put the powder therein, and make therof a little ball, the quantity of a Hasell nut, and put it in thy mouth, and role it to and fro betwixt thy teeth, chawing and holding downe thy head the space of an houre, and it will purge the head, and thy gummes, and keepe thy teeth from aking, this also clenseth all filthines out of the head and braine.

For to purge the head of what cause so euer.

¶ Take a handfull of Betony, a handfull of Camemell, and a handfull of Ueruaïne leaues picked, stampe them, and seeth them in black Wort, or in Ale, and in the latter end of the seething, put to it a little Comin brayed, the ponder of Warts horne, and the yolks of two Eggs, and a little Saffron, and stir them well about, and lay a plaister therof hote ouer all his fore head and temples: Also if you put to it a little Vineger: it is a remedy for to purge the head, and for the Peigrim beside.

Another for to cleanse the head, the brest, and the stomack.

¶ Take thre handfull of Centory, and seeth it in a gallon of water, vnto a pottell, and then cleanse it, and put therto a pint of clarified hony, and seeth it softly to a quart, and drinke therof two spoonfulls at once, early in the morning, and late in the euening.

For all manner of head ache.

¶ Take Ueruaïne, Betony, Wormwood, Celidony, Wallwort, Rue, and the bark of the Elder, Hony, and Pepper, and all whole stampe them together, and seeth them in water, and drinke it early and late: poured.

Another experiment for the same.

¶ Take Rue, Wayhoue, Betony, Ueruaïne, Hintes, Willow, red Fenell, Wormwood, Sothernwood, of each a handfull,

## The Pathway to health.

8

full, wash them, and shred them small, then seethe them with water in an earthen pot, and wash thy head with some of the water, then mingle the hearbs with Wheate bran, and make a plaister thereof, and lay it on the mould of his head, as hote as may be suffered: then bind it too with a Kerchiefe, and within five times dressing of the Patient, he shall be whole.

Another experiment for all manner of head ache.

¶ Take Rue, Ternaïne, Wormwood, Sage, Wallwort, Heyhouse, red Fenell, Planten, the greene of an Elder, between the bark and the tree, of each a handfull, wash them, and stamp them small, put them in a new earthen pot with a pottle of red Wine, and a pottle of stale Ale, seeth it to the halfe, put therunto a quarter of an ounce of Pepper beaten, and straine it through a cloth, and drink therof nine daies eight sponfulls at once, at evening hot, and in the morning cold, and wash the Patients head with the liquor, and it will cure all manner of head ache.

Against the turne or dafeling in the head.

¶ Let thy head be washed with the wafer of the decoction of three leaved Grassie, and lay a playster of the hearbe to the Patients forehead. Also Spints laid to the head, taketh away the paines that come of a cold cause. Also Bistletow laid to the head draweth out the corrupt humors: and the iuyce of Onions cast into the nostrills, cleanseth the head. Also seethe Peniriell, and lay it to the temples, or poure Bawlm into the eares three or foure times in the Sunne, and it will cure the Patient of dafeling in the head.

Another for dafeling or swimming in the head.

¶ Take and make a plaister of Culuer-dung and Wheate branne, temper them with the white of an Egge, and lay it to the contrary part of the head to that which is payned. Also the iuyce of Zue mingled with old Lard, is good for the swimming in the head. Also the pith of bread which was baken with Coriander seeds, laid to the head is good.

## The Pathway to health.

Against the rume in the head.

¶ Take and make a Pomander of the powder of Cucuber, *Haces*, Labdanum and *Cræke Pitch*: it doth remove from the braine all superfluous humors: *Haces* and Cucuber chewed in the mouth do the same. A plaister made of Garlick and Cloues: stoppeth that humor which causeth the rume. Also *Isep* boyled in the embers and so laid to the head, stoppeth the rume, and a little bag full of *Darnell*, Salt and *Anisæde* is very good.

A Gargell for the rume.

¶ Take Vineger, *Hufterd*, a good quantity of Pepper, and boyle them all together, then let the party so graced put a spoonfull in their mouth and walke vp and downe, and when it wageth cold spit it out, and take an other: and vse it for a time, and for euery one spoonfull, you shall voyd fūe: take it not in the frost: this hath bene proued.

For the rume an other experiment.

¶ Take iuice of *Colewortts*, and draw it into the nosthyle, and it purgeth the head: *Soyrell* beaten with the oyle of *Roses* is good for the ache of the head. For the rume in the eyes, take Lime and eate it, and it driueth away the rume.

For the rume in the head, an other proued.

¶ Against cold rume, and other passions and swimming of the head, and such other qualitties: take three Pills of Cassia, of Labdanum, and Storax Confecta, with the iuice of *Wormwood*, whē the cause commeth of the head, this comforteth the braine: also make a Fumigation of Cassia Ligna ouer hote coales, and receiue the smoake thereof at thy mouth.

A quilt for the rume, a speedy remedie,  
proued often.

¶ Take of Olibanum, *Bengeum*, Storax Calamita, of each of these halfe a dram, of Labdanum two drams, of Nutmegs, and Cloues



## The Pathway to health.

9

Cloues, of each halfe a dram, of Commin a scruple, of Gasticke halfe a dram, of Haces half a scruple, of Iugula Romana a dram, of Bay berries a scruple, of the flower of Roses, of Camomell, of Clolets, of each a dram: of the flowers of Betony a scruple, beat all these into grosse pouders, and so let them be quitted with good red Scarlet stoecks, in a peece of black Sarcenet, and so be laid vpon the head to the nape of the necke, and let it lye there the space of twenty houres, and then turne it, and thus for the time it is most excellent.

An experiment for wounds in the head.

¶ For to cease the ache and swelling wounds that be soze in the head, or in any other place, so that the bones be not broken. Take Hallowes, Wormwood, Betony, Egrimony, Hilwort, of each of these a handfull, wash them and stamp them, and put therto three vnces of wheat flower, as much Hony, and as much Barrow greace, and stamp them together, and put thereto red Wine, and fry them, and lay them warme to the soze, but lay a red Cole leafe between the plaisters and the wound, and it shall cease the ache, and take away the swelling thereof.

For all manner of euill aches in the head.

¶ Take Betony, Cleruaine, Wormwood, Maybriead, Rue, Wallwort, Sage, the barke of the Elder tree, three cornes of Pepper, and temper them together in wine, and drinke thereof each day a draught, early and late, till that the Patient be well. Also take the gall of an Hare, and temper it with as much hony, and annoint therewith the temples. Also Rue, and Cysell, and sincere thy head therewith, is wholsom. Also Camomell is good for the burning feauer that holdeth a man or woman in the head. Also Fenell sodden in water, swageth the ache in man or womans head, when that the head is walshed therewith.

Another for all manner of euill aches in the head.

¶ Take the greace of an Hart, and mingle it with Barly meale and Sozrell, bind them and temper them all together,

## The Pathway to healch.

and playster it to the temples : for this hath bene proued a right good medicine . Also take the iuice of Primrose , and the milke of a Cow , and with a pen draw it vp into the nostrills , and it shall purge the head , and shall heale the partie so graued of the head ache .

For to make a man to sleepe.

¶ Take the leaues of white Poppy and red Pettles , and stamp them together , and put to it a little Beane flower , and lay it on a cloth , and so bind it to the forehead , and he shall sleepe quietlie .

To make one sleepe that slept not in a long time before.

¶ Take white Poppy seede , Anised , of each a like quantity , and beat them to fine powder : then take Rose-water , the white of an Egge , and womans milke , and mingle all these together : but first beate the white of an Egge very much : and take away the froth , then take stocks as many as will lye ouer your forehead , and wet them in the liquor aforesaid : then sprinkle of the powder vpon it , and then lay it in a pewter platter vpon a chafin dish of coles for to make it warme , and so lay it to the forehead , and the party shall take his rest and quiet sleepe .

For to make a man to sleepe.

¶ Take the leaues of Elder , and warme them betwixen two tiles , and bind it to the nape of the necke , and it will make him to sleepe . Also take the leaues Scala celi , put them in a pot , and seeth them well a good while , and at euen wash well the feet and legs vp to the knees with that water , and no higher , then goe to bed , and thou shalt sleepe soundly .

For to make a man to sleepe.

¶ Take a quart of Almonds blended , and halfe a pound of Hempsede , three times washed in cleane water , and sixteen Dates , stamp them together , and put therto good stale Ale , and take

## The Pathway to health.

10

take an vnce of Poppy seed brused, and lay it in Ale thre or foure houres, and seeth them together, and straine them, and giue the sicke to eate of it, and it shall make him sleepe.

For to make a man sleepe, and for to come  
to quiet rest.

¶ Take red Roses, Violets, the water of Pellilot, Lettice, of each a like quantity a handfull : white Poppy, white Hensbane, of each halfe a dram, a little Dill seede for to comfort the braine, Bray all these together : then put them in a soft linnen cloth twelue inches long, & thre inches broad, quilt it and tye it to his forehead. Also take oyle of water Lillies, Poppy, Nightshade, Rose-water, Vineger, and womans milk, dip flaxe therein, and bind it to his temples : this hath ben often proued.

For paine in the eares.

¶ Take the iuice of wild Colucumbers, and put it into the eares, and it allwageth the paine. Also put the wood of graine Ashe in the fire, and saue the liquoz that commeth out at the end, and put it into the eares, it causeth the paine for to cease, and amendeth the hearing. Also beate the iuice of Cloymwood, and drop it into thy eares : proued.

For paine in the eares.

¶ Take and mingle the iuice of Betony with oyle of Roses, and put it warme in the eares with a tent, and stop them well. Also take faire oyle Oliue, and let it be blowne out of a mans mouth that is cleane and fasting into the eares of a sick man, let this be done thre or foure times, and let that side of the head be turned downward, that the odour of the head may run out. Also take Almonds and the kernels of Peaches, & let them be cleane pilled in hote water, and make oyle of them, and let the oyle be put into the eares of the Patient so graued.

For the paine in the eares.

¶ Take oyle of Roses, and a little Vineger, and put it to the eare : then make a bagg of Camomell and Pellilot, and lay it there.

## The Pathway to health.

thereunto. Also Goose greace being taken with a little hony, asswageth the paines of the eares. Also oyle of Almonds is very good for the payne in the eares: Also if there be water in the eares, take a little Goose greace, and the iuice of Onyons, commixed together, and so lay it to the eares: proued.

For deafnes in the eare.

¶ Take a peece of greene Ashe and put it in the fire, and take the droppings of that water, and take the droppings of a fresh water Cele, the oyle of bitter Almonds, of euery one a equall portion, warme it by the fier, and let it drop two or three drops in the eare so greued, then take black Swes woll, and dip the woll therein, and put it into the same eare, and it will help the Patient so greued, by Gods grace. Also take Betony, and Wye-hound, stamp them in a morter, and wring out the iuice, and let the Patient lye on that side, and so poure it into his eare, and let him take his rest: this hath bene proued.

For deafnes in the head.

¶ Take a Hedghog and rost it, and take the droppings thereof, and put it to the Patients eares so greued, and stop it with black woll, et fier. Sometime there chanceth deafnes by wind, which is in the eare, the which causeth tynkling in the head, then take a little Aloes in hot water, or in white Wine, and distill it into the Patients eare, then put a little Fussorbium in powder into the parties nose so greued, to make him for to keele, and to auoyd as much filthy humors as you may.

Another for deafnes in the head.

¶ Take Secados, Bay berries, Betony, Bay leaues, of each of them a handfull, seeth them in white Wine to the halfe, and for an old man in Galinsie, then put it in a vessell that hath a narrow mouth, and hold your eares ouer it being vnstopped, as hote as you may suffer it, being not too hote nor too cold: also three drops of the oyle of Almonds, with the same.

For

For woormes in the eares.

¶ Take the iuyce of Wormewood, Rue, Solwithistle, & put it in the patients eare, and he shall be whole. Take the iuyce of Elder, and drop it into the eare of the patient græued. Or take the iuyce of Cockle, and mingle it with the iuyce of Arsmart, and put it into the eares so græued.

For ach and wormes in the eares.

¶ Take the iuyce of Venbane and put it into thine eares, and it will take away the ach, and kill the wormes. Also take the powder of wilde Gourds, and the iuyce of Arsmart, and put it into thine eares: Also for the wormes in the eares, take Cinforz and Leekes, the iuyce of the both, and put it into the eares, and stop it with black wooll of a Sheepe, that groweth between the legges, and it will help the patient.

For woormes in the eares.

¶ Take oyle of Roses, oyle Blue, oyle of Creter, Aqua composita, of each of them a like quantitie, and compound your Aqua viræ with other oyles on the fire: then take Rue, and the egges of Ants, beate them small, and compounde them altogether being well boyled, and then put it into the eares, dropping it in thre or foure times, and he shall find ease.

To cause a man to heare well.

¶ Take and make a rounde loafe, and fill it full of Sage, and bake it, and when it is baked, then breake or cut the loafe in the midde, and binde it to the eares as hote as you may suffer it: let this be vsed thre or foure times, and it will cause the patient so græued, for to heare well.

For the running in the eares.

¶ Take the iuyce of Elder, & drop it in the eare of the partie græued, and it clenseth the matter and the filth thereof. Also the iuyce of Violets vsed, is verie good for the running of the eares.

Id.

Also

## The Pathway to health.

Also take the gall of a Weather, and Honny, of both a like portion : mingle them and put them into the cares.

For the running in the cares.

¶ Take the gall of a Goate & womans milke mingled with Honny and Hirth, and it will help you. Also boyle the iuyce of Sengreene, and put it in a hollow Dnyon in the fire, then put of the same iuyce strained into thine care, and lay the Dnyon likewise ouer thine care in manner of a plaister. Also the vyne of a man childe being poured into the care, dyeth the humoys, and taketh away the running of the cares.

For the impostume behind the head.

¶ Take Beanes and mingle the with meale, and the iuyce of Fenegreke, and it helpeth the patient so greued with the impostume behind the care, but it must be laid plaister wise.

Another for the same.

¶ Take Milke and Allom and make a posset, and when the Allom hath turnd the milke, lay the posset curd to y impostume, and it will breake it. Also to destroy an impostume in what place soeuer, take the roote of Hollock and wash it cleane, then seeth it till it be tender, then put out the water, and put to the roote Linsæde and Fenegreke, and Barly meale, mingle them well together, and fry them with Bores greace, and lay it to the impostume plaister wise, and it will cure the same.

For all manner of sore eyes.

¶ Take Fennell, Rue, Herueine, Enfrance, Endiue, Betony, and red Roses, lay all these a day & a night in white wine, the second day still them with a soft fire, then keepe it in a glasse, this water is as good as Bawme, for all manner of euill eyes.

Another for the same.

¶ Take Fennell, Rue, Herueine, Enfrance, Betony, Endiue, Sengreene, Will, wort, Pneriall, redde Roses, Maiden haire,



haire, of each a like much, also foure ounces of oyle Olive, Stamp them, and put them in a vessell of glasse, and still them in a stillatory, and as it stilleth, part it in thre parts, the first water you must keepe by it selfe, for it is as precious as silver, the second as gold, the third as Sawme: all these waters must be kept in verie cleane glasse, close stopp'd, and so vse any of them.

A precious water for the sight of the eyes, made  
by King Edward the sixth.

¶ Take Smallage, red Fennell, Rue, Gerneine, Betonie, Egrenony, Pimpernell, Enfrance, Sage, Selondine, of each a like quantity, first wash them cleane, then Stamp them, and put them in a faire brassen pan, with the powder of xv. Pepper cornes, saire serced into a pynt of good white wine, then put the into the hearbs, with thre spoonfulls of Honny, and fve spoonfulls of the water of a man child that is an innocent, mingle all together, and boile them over the fire: and when it is sod, straine it through a fine linnen cloth, and put it into a glasse, and stoppe it well and close till you will vse it, and when you need, put a little thereof into the soze eyes with a feather: but if it were dze, then temper it with white wine, and it profiteth much all manner of soze eyes: this water was vsed by King Edward the first.

For the pin and the web, and the fellon in the eye.

¶ Take the gall of a Hare, and Honny, of each a like much, mingle them together, and take a feather, and put a little into thine eyes, and it will heale the within two or thre dayes, and saue the sight on warrantise: thys hath bene often p'poured.

For the pin and the web in the eye.

¶ Take a quart or a pynt of Strawberries when they bee ripe, and put thereto as much white Wine as Strawberries, then put them in a cleane vessell, and let them stand nine dayes hote, stirre them very well euery day twice or thrice, and the tenth day put it in a bag of Canuas, and let it goe through hete,



For the pearle in the eye.

¶ Take white Ginger, and rub it on a whetstone of spoway, into a petwter sawcer, and do thereto white Wine, and then take a feather and wash the eyes therewith: proud.

A precious water for the pearle in the eye, and for red bleered eyes, and for to keepe a man young.

¶ Take Lummell of Gold, of Silver, of Laton, of Lead, of Iron, of Steele, of Litargie, of silver and gold, with a little Camomill, and as much Colombine, put these into the vaine of a male child, and let it stand a day and a night, the second day, in warme white Wine, the third day in the iuyce of Fennell, the fourth day in the iuyce of Egges, the fift day in womans milke, the sixe day in red Wine, the seauenth day in the white of Egs, the eyght day put them together and still them, then put the water very close in glasse for your vse. This water desirogeth all cuill in the eyes. Also if it be drunke, it keepeth a man young, and is of wonderfull great vertue.

For bleered eyes.

¶ The iuyce of Cowslips, and the water thereof distilled, being taken and the eyes annoynted therewith, helpeth all bleered eyes, and taketh away the rednes.

For heate and swelling in the eyes.

¶ Take white Bread, and Southernwood sodden in water, and therewith bathe the eyes, and it will draw away the heate and swelling of the eyes without any paine. Also for swelling or running of bloody eyes, take and seith red Snailles, and gather the greace thereof, and annoynt the eyes therewith, and they will be whole by Gods grace.

For smarting of the eyes.

¶ Take Womans milke, and the iuyce of Centory, & mingle them together, and wash well the eyes therewith. Also the iuyce of Betony is very good with white wine: proued.

For  
for sore eyes, rub with <sup>3</sup> warm poultice of  
glasse & wash y<sup>e</sup> eyes w<sup>th</sup> y<sup>e</sup> water of y<sup>e</sup> mint  
on y<sup>e</sup> glasse of y<sup>e</sup> eye

## The Pathway to health.

For a mans eye that is blew or black, with a blow or a bruse.

¶ Take the white of an Egge and Parsly, and beat them together, and make it as thick as an ointment, and lay it to the eye-lids all cold. Also take the gall of a Hare, & temper it with Honny, and annoynt the eyes therewith. Also take red Snailles in water with Capons grease, and annoynt the eyes therewith.

For running or waterie eyes.

¶ Take of Betony and Honny, a like quantitie, fry the, and straine them through a cloth, and annoynt the eyes therewith. Take also Colombine and wyng out the iuyce and annoynt the eyes therewith. Also take a red Colwort leafe, and the white of an Egge, and annoynt therewith the watery eyes when thou goest to bedde. Also to make the eyes clere and bright, take the blood of small Birds and Honny, and annoynt the eyes therewith, and thou shalt cleerely see.

For blood-shotten eyes.

¶ Take the tops of white Wormwoode, and the leaues of Filladane, stampe them and mixe them with the white of an Egge and Rose-water, and make thereof a plaister, then binde the same to your eyes at night when you goe to bed, and it will helpe you.

For to driue blood from the eyes.

¶ Take the powder of Cornu, of Warmote, & the white of an Egge, make a plaister hereof vpon hard flax, and lay it to the eyes. Also for to clere the eyes, take Wall-wort, Rue, red Fennell, stampe them together: and temper them well with white Wine, and straine it through a linnen cloth, and so drop it at night into thine eyes, lying vpight in thy bed.

For bloody or watery eyes.

¶ Take a quart of white Wine, and put thereto the fatte of xvi. peeces of Bacon, the breadth and thicknes of a groat, and a  
good

## The Pathway to health.

14

good saluer full of Honny, and put them in a Lattin basen clene scoured, and stir them well together, and couer them with another basen the space of nine dayes: then take of the basen and ye shall find a creame, beake the creame a little, and poure out the water that is vnderneath softly into a glasse, & that water will helpe all manner of red eyes and watering, vse it daily, and put one drop into thine eyes twice a day.

Another for bloody eyes.

¶ Take the iuyce of Rue, and powder of Commin, mingle them together, then take Cotten and dip it well therein, and lay it to the eyes, and also annoynt the temples, the browes, and the lids of the eyes therewith. Take also the rootes of red Fenell, stampe them and wyng out the iuyce, then temper it with clarified Honny, and make thereof an oynment, and annoynt thy eyes therewith, and it will take away the rednes.

For the eyes that are blasted.

¶ Take Luty and Calamint, and wash them with white Wine nine times, then grinde them vpon a stone with some of white Wine, and with Goose greace, and Capons greace, put hereof in the eyes early and late: this hath been proued.

A medicine for a mans eye that is broken with a staffe, or bruised with any stroke: this hath been often proued.

¶ Take a pinte of white Wine, and a handfull of red Rose leaues, and as much Commin as thou canst hold in thy hande, and put all together, then seeth it wel til most part be consumed, then take that liquoꝝ and put it into a glasse, and put thereof into thine eyes, do thus fve or sixe dayes, also wash the soze eyes therewith: and at night make a plaister of the same leaues that be sob, and lay them likewise vpon the soze eyes, and thys will certainly heale the eye, though the ball thereof be cutte or hurt with a rod or staffe, or any other kind of bryse in the eye, coming of what cause soeuer. Proued.

For

## The Pathway to health.

For the itching of the eye.

¶ Take the oyle of Tutly, and annoynt the eyes therewith. Also Sumace is good for the itching of the eyes caused of hote humors, and wash them with that water before expressed.

A precious medicine proued, for man, woman, or chyld, that hath any sore eyes. And this medicine neuer fayleth, but restoreth the sight.

¶ Take a stone called Calamint, and make it red hote nine times, and quench it foure times in Rose water, and fve times in white Rine, then take this stone that is thus quenched, and make of it small powder in a brassen mortar: then take Frankensence, as much as of the powder of the stone, and make it also to powder, and loke that you haue of them two euen portions, as much as you will, then take Rose water, and water of Rue, and water of Fennell, of each of these thre two portions: of the water of Strawberries, and the water of Uernaine, and the water of Entras, of each of these thre, three portions, and put all these waters together in a cleane vessell, and then locke how many vnces thou hast of thy powder, to vnces of the aforesaid waters that be mingled. Grinde the powder of Calamint and of Frankensence on a Marble stone, as you would grinde Vermillion, but you must grinde each one by it selfe, then take fresh swines greace of a Barrow hog, and toying the same verie well throught a cleane cloth, and loke that you haue as much weight of cold greace, as of the mingled waters: take then the powder of Calamint, and boyle it with the greace, and with the mingled waters, ouer a soft fire of Charcoles, without anie smoake. And when thou hast boyled these well together, put vnto the same the powder of Frankensence, and then boile them all together, till the smoake of the boylings cease, and then take it from the fire and let it coole: but from the time that you sette it first to the fire soe to seeth, be alwaies stirring it verie busily, till it be cold and thick. Then take Camphire, & pare it in small peeces,



pieces, then take of thy oyntment euen as much, and grind them together by parcels on a Marble Stone, and when they be well mingled together, then put it in a bore, with one vnce of Calamint, and one vnce of Frankensence, Enfrance thre pennie worth, and thre peny worth of Camphire; and he that hath any greauance or sicknes in his eyes, at night sitting on his bed, let him take of this oyntment with his finger, as much as a Wheat cozne, and hold it in his eye vntill it be relented, and then dip his finger with the oyntment softly betwæen the lids of his eyes, and then let him lye downe and sleepe, and on the morrow when he riseth, wash the eye with Rose-water, or with Enfrance water, or with Fenell water, or with Rue water: these waters be good theretofore, but ere thou wash the eyes therewith, heate the water a little ouer the fier, but looke that you wash not with fasting spittle, nor with no other thing, but with one of these waters before saide, and thou shalt be whole: this hath bene surely proued.

For the Impostumes in the head.

¶ Against the Impostume of the eyes, and web of the same, put the iuice of Hony-suckle often therein, or mingle it with pure hony and straine it, and it wasteth the Impostume and the web maruailously, and it was thus proued. One toke a Cock and a Whelp, and pricked their eyes with a crooked Iron or needle, so that they seemed that their eyes were out, and then hee bzused this hearbe, and put it in their eyes, and they became faire and cleare as they were before, at the which he did maruaile: and proued it many times vpon diuers persons.

For wormes in the eye lids.

¶ Take Salt and burne it in a cleute, and temper it with hony, and with a feather annoynt the eye lids, when the party goeth to bed.

For wormes in the eye lyds.

¶ Take Bay-salt and burne it in the fire, and then stampe it: and do thereto clarified hony, and the water of Allouin, and



## The Pathway to health.

a little Copperas, and annoynt the eye liddes when thou goest to bed, and this medicine shall kill the wormes that be in the eye liddes: proued.

For stinking at the nose.

¶ Take Cloues, Ginger, and Calamint of each a like much, and sethe them in white Wine, and therewith wash thy nose. After that put in the powder Piricrum to prouoke one to nase, if there be repletion steame in the head: first you must purge the head with Pills of Cochie, or of Hiera picra. Also if the stinking of the nose come from the stomacke: first purge the stomacke, et fiet.

For the polix of the nose.

¶ Against the polix of the nose, make a suppository or tent of a plaister called Apollolicon, and put powder of Copperas thereon, and put it into thy nose, or make that tent of cotton, and wet it in Salt-water, and lay of the said powder thereon, and put it in thy nose. The said powder is also good to fret the proud flesh of superfluitie of blood of the nose, but first burne it, then put it in olde Parchment and make powder thereof, and take Gassick, and then make a tent of Bursa pastoris, with part of a stone called Emachitas, and put it in thy nose.

For the polix of the nose.

¶ To take and put the iuice of Juy into thy nosthylls, is very good. The gum of Juy made in an oyntment called Dialthera, hath power to chafe and to consume. Also against the polix make a tent of Apollolicon, and the powder of burnt brasse, and lay it to the nose, et fiet.

For the pose in the head.

¶ Against the rume or pose, mingle the powder of Comin-seede, and Bay berries, and put them all hote in a bag, and lay them so to the head for the pose.

For

For the noſthrill a medicine.

¶ For the highnes of the noſthrills, and rednes cauſed in flux of humors: take the broth that Olibanum is ſoaken in, but firſt in the morning Pills of Olibanum, and at night to bedward the ſaid broth: theſe Pills comforteth digeſtion, and purgeth the ſtomack.

For bleeding at the noſe.

¶ Take and mingle the powder of Betony, with as much ſalt, and put as much as you can take betwene two fingers and a thomb in the noſthrills, and the blood will ſtaunch: alſo take and wet cotton in the iuice of Burſa paſtoris, and caſt powder of Antimonium vpon it, and the bleeding will ſtent.

For bleeding at the noſe.

¶ Take a dram of Bolæ armeniacke waſhed, and mixe it in Roſe-water, and Planten water, and drinke it, then bind the extreame parts as hard as you may, and after make a tent of greene Petites, and put into his noſe. Moreover if ſo be that the Patient doe hold in his hand Eggrimony the roſe and all, and drinke the iuice of Anotgraſſe, the blood will ſtaunch.

For bleeding at the noſe.

¶ Againſt the bleeding of the noſe that commeth by ebullition, or boyling of the blood in the lyuer and baines: in Sommer make Beanes wet in the iuice of Roſe-water, and lay them to the forehead, or temples: it hath been proued.

Another for the ſame.

¶ Take Peruinkle and chewe it in the mouth, and it will ſtaunch the blood.

Againſt the bleeding at the noſe.

¶ Take and wet the piſſe of an Elder in the iuice of Burſa paſtoris, and caſt powder of Sumac theron, and put it to thy noſe. Alſo take and wet cotton in the iuice of Bloodwort, and put it into thy noſe, and it ſtauncheth blood. Alſo take the iuice of Petites, and rub well thy forehead therewith, and it will ſtaunch it.

## The Pathway to health.

Take the seed that hangeth vpon a Hasell bow and burne it, make powder and blow it into thy nose, with a Gose quill, or drinke the iuice of Planten, and the blood will stanch presently.

An experiment for the tooth ache.

¶ Take Betony and wild Gourds, and put them in wine, or in Vineger, and then put it into thy mouth as hote as thou maist suffer it, and hold it a good while in thy mouth, and it will take away the paine. Also take Venbane and bruse it, and hold it betwene thy teethe a good while, or lay it also vpon the tooth that aketh, and it will assuage the paine. Take three or foure Rases of Ginger, and bruse them with halfe a pint of Ale, being sodden therein till it be wasted to a quarter, and put it into the parties mouth as hot as he may suffer it: and it will take away the tooth ache.

For the tooth ache.

¶ Take Strong Ale, and Pusserd of the best, and gumme Elder, and put it in a Dorenger and set it ouer the fire, and stir it, and when it is thicke, take it and hold it on that side that the paine is. Also take Venbane seed, and seed of Lacks, and Frankensence, of each a like much, and lay these three on a glowing hot Tilestone, then take a pipe of Laten that is wide at the lower end, and small aboue, then set the wide end to the stone, and the small upward, and let the smoke goe into thy mouth: for this will kill all the wormes: it hath bene proued.

For the tooth ache.

¶ Take the roote of Venbane, and seeth it in Vineger till the third part be sodden away, and with the same wash thy mouth, and hold it in thy mouth a good while, & it will kill the ache. Also take the roote of Venbane, and hold it betwene thy aking teeth, and it will dw away the paine thereof.

For hollow reeth.

¶ Take Asa ferida. and put it in the hollow tooth, and it shall helpe them. Also take Rue and lay it to the hollowe teeth, and chew

*that composed is very good to a little beat or ymagine put into the hole  
also some say it is good to a little beat or ymagine put into the hole*

## The Pathway to health.

17

chew it in your mouth, and lay thereof into the hole, and it shall assuage the paine thereof.

For hollow teeth.

¶ Take Vineger and Mustard, pouder of Pepper, and Bellitory of Spaine, and the curnell of a Nut gall, and boile them all together, and put it in the hollow teeth, or els about the gums hot, and thou shalt be whole. Also take the seedes of Penbane, and beat it to small pouder, and mingle it with Clar, and make a little pellet that it may be full of powder, and put it in the hole of the tooth that aketh, and it will kill the tooth ache that is hollow: this hath bene proued.

For wormes in the teeth.

¶ Take Pepper and stamp it, & temper it with good wine, and sup thereof warme, and hold it in thy mouth till it be cold, and then spit it out, and thou shalt be deliuered of all anguish of thy tooth ache. Also take the seede of Penbane, and cast it on a chafingdish of coles of Charcole fire, and hold thy mouth ouer the fire that the smoke may enter into thy mouth ouer a a bason of faire cleane water, and thou shalt see upon the water as it were small woymes, that shall come forth at thy mouth. Also take Lانسie, bray it, and stop the hollow tooth therewith, and it will kill the woymes, and take away the paines thereof.

Another for the same.

¶ Take the roote of Bellitory of Spaine, and wash it cleane, and stampe it, and make thereof three small balls in thy hand, every ball the greatnes of a plum, and lay the first ball between the cheeke and the tooth that aketh, by the space that one may goe a mile, and ever as the water gathereth, spit it out, and when thou thinkest it hath bene there so long, put it out, and put in another, and so doe till thou haue spent all three, and then lay you vpon your bed, and couer you warme, and when you haue slept you will be whole: this hath bene often times proued true.

## The Pathway to health.

To make teeth to fall out of them selues.

¶ Take ground Aloynes, and a red hote Tile-stone, and burne them to powder, and put the ashes into the bellow toth, and couer it with wax, and they will fall out them selues. Also take the root of Benbane, and make it in powder, and touch the toth, and it will fall out, take heed that thou touch not any but that which is soze. Also burne to powder a Harts horne, and rub the toth therewith, and they will fall out. Also make dole of Wheat flower, with the milk of spurge, and lay it about the toth that is pained, and it shall fall out. Also take a water Frog, and a greene Frog, and seeth them together, and gather the grease, and smere therewith thy gums about the toth, and they will fall out quickly.

For yellow stinking teeth.

¶ Take Sage a quantity, and do as much Salt thereto, and then coffin it, as thou wouldest make a Pasty, and bake it in an Oven all to coales, and therof make powder, and therewith rub thy toth. Also take greene branches of Worme, and burne them, and make powder therof, and do therto of as much of the powder of Allom burnt, then mingle them together, and temper them with water, and therewith rub well thy toth, and that will do away the yellownes and blacknes, and the stinking of the toth. Also take a handfull of Comin, and stamp it small, and seeth it in Wine, and giue the party so greued to drink twenty dates, and it shall help them. Also Galsick chewed within a mans mouth taketh away the toth ache.

To make teeth white that be yellow or black.

¶ Take flower of Laye, and Salt, and Honey, and mingle them well together, and therewith rub well thy toth euery day two or three times, and after wash thy mouth with water, this will do away the yellownes, and make the toth white. Also take white Marble, Cuttle bone, white Corall, Salgеме, Bay salt, Galsick, and the Bylls of Citeron, of each of these a like much, make them in very fine powder, and rub the toth therewith  
euery

every morning, and afterward wash your mouth with white wine, wherein Dill or Camomell hath bene sodden. Also take Vineger of Squils, and dip a little peece of cloth therein, and rub thy teeth and gums withall, the said Vineger fastneth the gums, and comforteth the roots of the teeth. Also scurvy Grasse doth the same. Also distill a water in a Limbeck of two part of Salgеме, and the third part of Allom, & rub the teeth with a cloth dipped in the same, and it maketh the teeth white, and clenseth the gums.

To make the teeth cleane.

¶ Take Rosemary, Sage, and a quarter of Allom and Hony, and boile them together in faire running water, and when it hath ben well boyled, straine out the faire water, and keepe it in a glasse, and vse it somtime to wash your mouth and the teeth therewith, and it will make them cleane. Also wash the teeth with the decoction of our Lady thistle root, and thy teeth shall be fastened, and also kept cleane, and thy gums being soze about the teeth shall be made whole. Also the root of Hozehound drunke or chewed of a man fasting, doth quickly heale the gummies, and maketh the teeth cleane. Also Strawbury leaues taketh and clenseth the teeth and gums: a sure and tried experiment.

For the gummies.

¶ Against swelling of the gums, wash them first with Vineger and Allom confect together, but first set Genteses, or bores with scarification on the neck or shoulder, or set the Genteses in the hinder part of the head, and scarifie it thre daies, then lay Hozseleaches to the gums, and wash the gums with Vineger wherein Allom, Putgalls and Roses hath bene sodden in, and with the same vineger wash thy mouth thre or foure days twice or thize a day, and it will ease the. Also against the rottenness of the gums: take Cingstle and rub the chawke therewith, and it taketh away the rotting of the gums.

For the gummies that bleed.

¶ Against the bleeding of the gums take powder of Corall, and of Amthero that is in the midst of the Rose, and lay it  
vpon

## The Pathway to health.

upon the gummes : or confect it with Honey, and annoynt the gums therewith. The powder of Cozall put to the gums, healeth them. Also for the gums that rotteth : rub them with Pyrrhe, and it will help them. Also the fume of Pyrrhe receiued at the mouth comforteth and purgeth the braine.

For the gummes that are gnawne.

¶ Take and sethe Cloues in water of Roses, and then dry them, and make therof powder, then temper the powder with Rose-water, or with Roses, and that is best, and then dry it againe in the Sunne, and do so thre or foure times, and then temper the powder againe with Rose-water, or with the uice of Roses, and annoynt the gummes therewith, and lay the powder on them.

For Blisters in the mouth, and swelling  
of the lips.

¶ Against the blisters in the mouth, and swelling of the lips : take and seth the leaues of Pastick in Vineger, and with the same make a Gargarisme thereof. Also against fleaing or rawnesse of the mouth comming of fleauers, and against small blisters and swelling : seth yolks of Egges in water, and then fry them till oyle come out of them, and with the oyle confect the powder of Pennets, of Diagagant and Amidon, and annoynt the græfe : this powder Confect with sirop of Roses or Violets, is also very good therfore.

For chapping of the lips.

¶ For the chapping of the lippes : take Pennets and delay them in water of Diagagant, and annoynt the lips therewith. Also for lippes that bee broken with the wind, take the oyle of Almonds and Propolio, boyle them ouer the fire, and let it be somewhat hard, and therewith annoynt thy lips so chapped with wind. Also for new clifts or chapping of the lips : lay the powder of Canell in the clifts, and kepe well thy lippes together, and bind a cloth thereto.

For



## The Pathway to health.

19

**For swelling of the cheeke that commeth of  
the tooth ache.**

¶ Take the iuice of the seede of Nettles, and the white of an  
Egge, Frankensence, and Wheat flower, and make thereof a  
plaister, and lay it to the soze chæke, and it will doe away the  
swelling thereof.

**For the great heat in the mouth.**

¶ Take a pint of water, and as much as a pint of white  
Allom, and as much of Sage, and a spoonfull of hony, and boile  
all these together, and wash thy mouth with it.

**For the canker in the mouth.**

¶ Take a pint of white wine, and as much running water, and the crops of Sage, two spoonfull of life honey, and as much Allom as an Egge, boyle all these together, and skim it well, clarifie it till the Allom be consumed, and when it is somewhat cold, put it in a glasse, and vse it. Also take the root of Selendine, and seeth it in white wine, and when it is well scd, take the pot down, and let the sicke hold ouer his mouth, and let the breath goe into the body, and it shall kill the canker.

**For the canker in the mouth.**

¶ Take the iuice of Woodbine, and the iuice of red Woods,  
Hony, powder of Camomell, and powder of wild Sage burnt,  
also take red Wine a pint, a quarter of a pint of honey, and as  
much Allom as a Doves Egge, and seath them till the third part  
thereof be waiked: y poued.

**Another for the same.**

¶ Take Vineger, Allom, Musterd, Rue, Quence, Slope, heart Robert, and seath and straine them through a cloth as hot as you may suffer it, and wash your mouth oftentimes therewith, and it will heale the canker.

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## The Pathway to health.

For the canker in the mouth, and for stinking breath.

¶ Take a handfull of Woodbind, as much Planten, and bray them small, then take a pint of Cysell, and another of water, and a quantity of hony, another of Allom, keepe all these waters together in a glasse, and wash well thy mouth therewith, and holde it in thy mouth, and it shall destroy all cankers and stinking breath, and saue the teeth from rotting.

A very good medicine for a canker or sore mouth.

¶ Take a handfull of Woodbind, as much Planten, and halfe a handfull of Lauender cotten, as much Sage, an vnce of white roch Allom, and thre spoonfull of hony, bray all these in Vineger, let these be moderately warmed, and put into a still with the hearbs and softly distilled, and after meales wash your mouth therewith thre or foure times a day. Wounded.

Against clifts and sores in the mouth, scrape Dragagant in Rose-water, and wring it in a cloth, & with a glewy substance that commeth out, mingle the powder of Amidum, and with a feather wet therein, annoynt the sore mouth therewith, and it will heale quickly.

Also for a man that cannot well eate, take Ambrose, Perniriall, Aunce, Ach, Organum, Rue, swill these together with water, and drinke the water morning and evening till thou be whole. Wounded.

For euill in the mouth or throat.

¶ Take the leaues of the white Vine, and boyle them in faire water, and when it is well boyled, hold thy mouth ouer, that the ayze may goe into thy mouth, and then sup of the water, and hold it in thy mouth till it be cold, and then put it out and take moze, and do so seauen or eight times a day, and vse this two dayes together. Also doe in lyke manner with the fine leaured

## The Pathway to health.

20

leaved Grasse, and vse it seauen or eyght times in a day, and thre dayes together, but it must be sodden somewhat more then the lease of the Vine, in fayre water, and it will heale the Patient: this hath ben often times proued.

For vnfaury mouthes.

¶ Take the iuice of Endiue with Sugar, and if the iuice be thick or troubled, clarifie it, and so may all other iuices in this wise. Soeth the iuice of Endiue a little, and let it stand, and that which is thick will goe to the bottom, then take the thin liquoz, and straine it often throughe a cloth, and wyng it, and with that iuice in the bottom, make Syrop with Sugar: if you will make it thinner, put the white of an Egge therto,

For stinke in the mouth.

¶ Take and make Pills of Cassia lingua and eat of them, and they be good for the stinke of the mouth. Also for the stinke of the mouth caused of rottennes of the gums and teath: take and wash the mouth with water that garden Spints be sodden in, and rub the teath with the Spints, or else with the powder thereof. Also chew Huske, and it will doe away the stinke of the mouth. Also take the iuice of Herueine, and bruse it, and put it in thy mouth, and hold it a good while close in thy mouth, and it will take away the stinke. Proued.

To take away the stinking of the mouth.

¶ Take and wash thy mouth with water and Vineger, and chew Pastick a good while, and then wash thy mouth with the decoction of aniseds, Spints, Cleues, sodden in Wine. If the stinking of the mouth come of a rotten toth, the best is for to haue it drawne out. Also you must wash your mouth befoze meat and after with warme water.

For to cleanse the mouth, and to purge the humozs from the mouth, which descend out of the head, it is good enery morning fasting to wash your mouth, and to rub your teath with a Sage lease, Pills of citron, or with powder made with Cloues or Nutmegs,

## The Pathway to health.

megs. You must forbear all meates of euill digestion, and rawe fruites.

For a stinking breath.

¶ Take oyle Doree, Turpentine, Hony, oyle Oliue, Virgin war, as much of the one as of the other, and boyle them all together, and make an oymntment therof, and vse it euery day in the Patients nostrills, and let it be put into the nose euerie day with tents made of lynth scraped of fine linnen cloath, and hee shall be whole.

For a stinking breath.

¶ Take the iuice of Hillworke, or else take Butter, and the iuice of featherfoe, and temper them with Hony, and euery day giue the Patient a spoonfull.

Another for the same.

¶ Take two handfulls of Comin, and stampe it to powder, and boyle it in Wine, and drinke the Syrope thereof morning and euening warme, the space of fiftene dayes, and thou shalt amend: this hath been proued.

For a good breath.

¶ Take and wash thy mouth with the water that the shels of Citeron haue been sodden in, and thou shalt haue a good breath. Also these confections make the breath sweet, the electuarie of Aromatickes, and the pills of Citrons. Against letting of the breath caused of cold humors: take and drinke the heart Maluie, or the liquoz that dry figs haue been sodden in, and it will make the breath sweet and wholsom. Also take red Spints and Rue, wizing the iuice in the sick bodys nostrills when he goeth to bed.

For the tongue.

¶ Against the Sharpnes and drynesse of the tongue, put this gum in water which is called gum Arabike, till the water be thynne, and with that thynne moist the tongue, or bind the gum in a thin cloth, and put it in water till it begin to melt, and with the  
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## The Pathway to health.

21

the same cloth rub thy tongue, and it will take away the paine thereof. Also for the roughnesse of the tongue, put the seedes of Quinces, or the curnells in a fine cloth, and wash thy tongue therewith: also Psillium or the seede thereof.

For drynesse of the tongue, and for thirst.

¶ Against drynesse of the tongue of the Feauer Aguz, put the seede of fleawort, and bind it in a fine linnen cloth, and then put it in cold water, and therewith wash and rub thy tongue, and scrape it with a knife. Also for thirst put the seede of fleawort in a bag, and lay it on the tongue.

For thirst in the tongue.

¶ Against thirst in the tongue, giue Pyfan or Dragagane, and it will be dissolued in a night, or make syrope with water that Warly and Dragagane is sod in, and it is conueniable for Feauer Agues, or if Dragagane be holden under the tongue.

For the palsie in the tongue.

¶ Take and vse great strong ground Musterd, the powder of Bioness well scalled, powder of Sage, Nutmegs, and Sugar, do these powders in the Musterd, and eate euery day at meales therof, and it will take away the palsie of the tongue. Also Musterd seede sodden in oyle or wine, is very good against the palsie. Also take the powder of Castorium, and hold it vnder the tongue till it be molten or dissolued.

For the palsie in the tongue.

¶ Against the palsie of the tongue, that is, when the tongue is full of holes, and the Patient cannot speake, because the sinewes of the tongue is full of humors, as it appeareth often in Feauer Agues, for the same, chew the seed of Treffles, and hold it vnder the tongue: pꝛeued.

For him that hath lost his speech.

¶ Take Sage, Wimpernel, stamp them well, & annoint his tong vnderneath with the iuice therof, els take the iuice of Sage

## The Pathway to health.

and Pimpernell and doo it in his mouth. Also take Ach, Spints, red Betony, and lay them into Goats milke, dzyne it morning and euening. Also take thre vneces of Betony, and swat milke of a Goat, temper them together, and dzyne it thre daies together, this for the palse is most pretious.

To restore speech that is lost soden'y.

¶ Take Peniriell, and temper it with Cysell, and giue the sicke to dzyne it: lay also a playster of this to his nethrills so graued.

For a man that sleepeeth and cannot speake.

¶ Take Galbanum and set it ouer the fire with a candle, and make it smoke, and put the smoke to his nose, and thou shalt cause him for to speake. Also take the iuice of Sage and Pzinz rose, and doo it in his mouth, and he shall speake by Gods grace. Also take the iuice of greene Horell berries, and clarifie it wel, and dzyne therof, and thou shalt speake.

Another for the same.

¶ Take the iuice of Sothernwood, and temper it with wine, and dzyne it when thou goest to bed.

Another for the same.

¶ Take the crops of Rue, and the crops of Veruaine, of each a like much, and dzyne the iuice therof when thou goest to bed.

For Sunne burning.

¶ Take the iuice of Lemons, with a little bay-salt, and wash your face therewith, and let it dzyne, and doo so thre or foure times, and it will helpe you. Also take halfe a pot full of raine water, and fill it vp with Veruaine, and seeth it till it be consumed away, and in the tyme that it is a boyling, fill it with the iuice of Lemons, and when it is sodden, take it off and let it coole, and then take eight new laid Eggs the whites of them, and beat them fine, and put fine Sugar to it, and so occupy it for Sun burning.

For

For red pimples in the face.

¶ Take a little Roch Allom, and breake it in small peeces, then take the white of a new laid Egge, and put it in a pan that is leaded within, set it to the fire till you see it boile, and stir it all the while with a little stick till you see it wax hard, take this and wash your face therewith. Also take Rose-water, and water of wild Tansie, and mingle them together, and therewith wash thy face, and thou shalt be whole.

For pimples in the face.

¶ Take and wash your face whē you goe to bed with warme water, and let it dry in : take the white of an Egge, and put it into a Saucer, and set it vpon a chafingdish of coles, and put in- so it a pece of Allom, beat it together with a spoone till it become thicke, then make a round ball, and therewith annoynt the parties face where the pimples be.

For heate and blaines in the face.

¶ Take the whites of two Eggs, and beat them with an Allom Stone till they come to curd, then take it, and set it vpon a few embers, and alwaies stir it as it doth gather to a curd, then take it off, and put it vpon a Painters Stone, and put thereon Vnguentum populeon halfe the portion, and of Allom as much as your thumb, so fine beaten as may be, and this grind with all the other ingredients a long while, and put it in a glasse or pot, and therewith annoynt thy face.

For a rich face.

¶ Take three yolks of Eggs rawe, as much in quantity of fresh butter, or Capons greace without salt, Camphire, two peny worth, red Rose-water halfe a pint, two graines of Suet, and boile all these together in a dish, & then strain them through a clean cloth, and so set it to heele, and take the vppermost and boy it. Also take Populeon, Bismstone, and fresh butter, and a handfull of red Sage, and stamp and strain them, and then melt  
all



## The Pathway to health.

all together, and put it in a bore. Also take white Copperas one vnce, one pint of running water, and boile them altogether to the halfe, and skim it clean, and straine it, and put it in a glasse, and set it in the Sunne, then wash thy face with a feather, and annoint thy face therewith moynning and euenning till it be whole.

For a sauceflamed face.

¶ To annoynt it by day, take eight perry worth of Camphire, and as much of Woyses greace as a costard Aple, and mingle them together finely till you can perceiue none of the Camphire, then put it into a box, and keape it as close as you can from the ayre. Also to annoynt the face by night, take a quantitie of Deares suet, and put therto a little Woyses greace, and a quantity of Brimstone, and boile them together with a quantity of Copperas, and a pint of Vineger, or claret Wine, and after they haue been boyled, vse to annoynt thy face therewith.

To make a good oyntment for a sauceflamed face.

¶ Take an vnce of oyle of Bayes, and an vnce of Quicksilver, and do them in a bladder together, with a spoonfull of fasting spittle, and then rub them well together, that nothing of the Quicksilver be sene, and then take of this oyntment when that it is made, and anoynt the sauceflamed face therewith, and it will heale it well and faire, on warrantise, proued true.

Another oyntment for the sauceflamed face.

¶ Take the rotes of Louach, and of Dock rots, the tops of Pettles, and Cellendine a like much, the quantity of three vneces, halfe a pound of the beanes of Parsley, and bray them well in water, and do therto two pound of Woyses greace, and stamp them well together, and let them stand still foure daies, after set it ouer the fire till it seeth, then straine it through a faire cleane cloth, and then put therto fine Frankensence, Hyrrh, and Bastick, of each an vnce, and let it boile effsone with a easie fire, and stir it well with a spyce, and then let it keele, and when it is cold put thercon two vneces of Quicksilver, and mingle them together,

ther, and therewith annoynt the sausefleame face, and this will heale the same, as it hath been oft proued.

Another medicine for a sausefleame face.

¶ Take the petty Hozell and still thereof a quart of water, and take a quarter of a pounce of Camphire, and heate the water a little, then put the Camphire therein and mingle them verie well together, then put it in a glasse and stop it well, but you must bruse the Hozell a little in a Morter before you still it, afterward with this water vse to annoynt the sausefleame face, and it will heale the same. Also with this water you may heale anie manner of sausefleame face whatsoeuer, as by experience hath often been proued.

For heate or swelling in the face.

¶ Take and boyle the leaues of the blossoms of Rosemarie eyther in white Wine or faire water, and vse to wash thy face and hands therewith, and it will preserve thee from all inconueniences, and also make both thy hand and face verie smooth.

For wrinkles in the face.

¶ Take white Wine, and a little Bzionie, and a drie Figge that is fatte, and annoynt your face therewith, then trauaile vp on the same till you sweat.

For a man that sweateth too much.

Take Linseede and Lettice and stampe them together, and lay it to the stomack of the partie that vseth to sweat much, and it will helpe him.

For to make the face fayre.

¶ Take the flowers of Rosemarie and seeth them in white Wine, with the which wash your face: also if you drinke hereof it will make you haue a sweet breath. Also to make the face white, put the powder of Sepia in oyntment Citerium, and annoynt the face: Or make powder of the roote of Serpentine,  
C. and

## The Pathway to health.

and of this bone, and mingle the same with Rose-water, and let it drie: and then put it to the same water againe, and let it likewise drie, doe this foure or fve times, and then vse to annoynt the face therewith.

For a chylde that is iaw-fallne, or mold-fallne,  
or rooffallne.

¶ Take a handfull of Chickweede, and wzap it in a red Col-woort lease, or els a linnen cloth, and rost it in the hote embers in the fire, and it will become a greene salve, then lay thereof to the bone of the necke as hote as may be suffered, and take foure leauen of white Bzead, and crum it on the molde of the childe's head as a plaister, and it will raise vp the bone or molde, by the grace of God within nine holwzes.

For shortnesse of breath.

¶ Take a gallon of Ale, & put therto a penny-worth of Lycopis scraped, and a halfe penny-worth of Annyseed, a little Linseed, and a handfull of Hlope, and asmuch Penneriall cleane washed: let them seeth to fve pints, and drinke hercof mozing and euening till you haue ease.

For a hoarce voyce.

¶ Take the bzoeth that red Colwoorts haue beene sodden in, and mingle it with seauen or eyght Pennydis, and one ounce of sirrop of Maiden-haire, and giue it the patient when hee goeth to bed. Take Dyairis simple, and a losing of the same at mozing, and also at night.

Another remedy for a hoarce voyce.

¶ Take great Raisons, Figges, Sugar, Cinamon, and Cloues, of each a small quantitie, seeth them in good Wine, and giue the patient to drinke thereof mozing and euening, two ounces at a time, except hee haue a feauer. It is also good to take mozing and euening a spanfull of the sirrop of Iniubes, mixed with a roote of Licopis in manner of a Locsanum, if with  
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## The Pathway to health.

24

the saide hoarcesnes there discende abundance of water to the mouth. Also it is good so; to make an electuarie of halfe Dyairis, and halfe Disdragantum, and vse hereof first in the morning, and last at night.

A very good medicine for to open the pypes, and to make the voyce cleere.

¶ Take a Figge, and put it in the powder of Ispoe, and eate euerie morning one at a time till you be well. Thys will help you on warrantise.

For a fore throat or mouth.

¶ Take Cincksoile a good quantitie & stampe it, and boyle it in faire water in a posnet, then hold thy mouth open ouer the fume thereof as hote as possible thou canst suffer it, that it may enter into thy throat, and still as it cooleth in thy mouth, spitte it out, and so take fresh and fresh.

A sirrop for a fore throat.

¶ Take halfe a pynte of the iuyce of Bulberries, a pynte of clarified Honny, and a quarter of a pynte of good Claret Wine, seeth them altogether till the liquor be consumed: take also sage, Sugar, Woodbine and Roses, of each a handfull, seeth them in faire water till the strength of the hearbes be sodden, then take tenne or twelue spoonfulls of the fore-said sirrop of Bulberries, and put therein, and with thys vse to gargell your throat luke-warme oftentimes, and spit it out againe: proued.

For a fore throate.

¶ Take oyle of Camomile & oyle of Violets, and the oyle of Almonds, and the greace of a Hen asmuch as of all the others, first wash it well and picke it, then mingle all together, and annoynt the throat therewith. Take the dunge of an Asse, and the dunge of Swallowes, and make it in powder, and put the same in wine, and gargel it in your mouth and throat as hote as may be suffered. Take also the Swallowes in the nest, and a pounce

## The Pathway to health.

of the oyle of Cammomile, and the oyle of Almonds, as much of the one as of the other, and lay it to the place.

For the swelling in the throate.

¶ Take the greene barke of the Elder tree, and a little Bay salte, beate them well together till they be somewhat small, then lay the same to the swelling of the throat.

For the Quinsie in the throate.

¶ Take Cinckfoile, and seeth the same in running Water, and put it in a pot with a narrow mouth, and let the party grieved hold his mouth ouer the mouth of the pottle, so that the fume may passe into his throat, and when the water wareth colde, wash the throat well with the same, both within and without, and the disease will vanish away: proued.

Another for the same.

¶ First let the partie thus diseased, bee let blood on the left arme or in the liuer vaine, three or foure ounces, and let him gargale it with Wine-vinegar and water warmed together, of each a like quantitie, gargale it often times, and spit it out, and let him haue Methridarum in white Wine, and let him sweat vpon it an houre or two. And if the Quinsie be swolne already in his throat, then let him vse this remedie following. Take a Swallowes nest as you finde it, with Birds, or with Egges, or without eyther of them, and put to the same eyght handfulls of Mallowes, with asmuch Water-cresses, boyle them all together in milke untill they become soft, and till the milke be cleane consumed, then beate it in a bowle untill it come to a plaister, then take asmuch as your fist of the same and while it is warme spread it like a plaister, and binde it as hote as may be suffered about the place where the swelling is, and so change it often till the paine be gone.

Another for the same.

¶ Take hote Bread and put it in Honny, and lay it to the place as hote as may be suffered, and it will drinke it vp. Take also

## The Pathway to health.

25

also the iuyce of Planten, & gargell it bp and betwixt the throat and it will ease the paine thereof. Also take the berries of the Spilberrie tree and make iuyce thereof, then seeth them in a little Oyle and Wine, and put Vineger thereto, and so gargle it. Also an electuarie made of the iuyce of the same Berries, with a quantitie of scummed Honny, is good for the same: and it may be kept tenne yeares in seedes of Dianorum, for the Quinsie.

### For the Cough.

¶ Take Slope, great Raifens, and Figges, of each a little handfull, and one ounce of Licoris: boyle them in faire water till the thirde part be consumed, then giue the partie grained for to drinke thereof twice a day, in the morning two houres before meate, and at night two houres before supper: also it is good for to ease a losing of Diamis or Diapeaideon. If you will haue it stronger, put thereto the decoction of a little Coleworts, Annyseedes, and fennell seedes, with the seedes of Bittles, of each two drams.

### Another for the cough.

¶ Take Sage, Rue, red fennell, Slope, Comin, and the powder of Pepper, of each like much by weight, and seeth them well together in Honny, and make thereof an electuarie, and vse thereof a spoonefull in the euenning, and another in the morning till the cough be gone.

### Another medicine against the cough.

¶ Take the roote of Enula campana, Horehound, Holihock, of each of them a like much, seeth the all together in white wine, with a dozen of fatte Figges, and with a little Licoris, and vse to drinke hereof a draught at a tyme euerie day twice.

### For a dry cough.

¶ Take Annyseedes, Ashe seedes, and Tilletts, and beate them to powder, and stampe them with cijen portion, then seeth them together in faire water till they waxe thicke, then put the  
same

## The Pathway to health.

same into a bore, and as you neede, let the sicke eate first & last of the same till he be well.

### For the Cough or stoppings.

¶ Take the powder of Slope, the powder of Anny-seed, the powder of Ginger, the powder of Licoris, and mingle the with clarified Honny, and eate daillie hereof till thou bee whole. Also for the cough take a little Bymstone, and make powder thereof, and put a little of the same vpon a bozbe or trencher, and take a stick or coale of fire, and put it in the Bymstone, and let the partie greened, holde his nose ouer the fume of the Bymstone, and it shall breake the force of the cough and stoppings. Also this is good for the palse and the rewme in the head, as hath oft beene poued.

### To make a powder for the Cough.

¶ Take Sugar-candie, Enula Campana rootes dyed, but nothing so much Enula campana as Sugar-candie, the take two or three crops of dyed Slope, and one race of Ginger, and beate all these together, and afterwarde vse to eate of these powders till thou be whole.

### To make a sirrop for the Cough.

¶ Take a pynt of Slope water, halfe a pynt of clipped Rose-mary, a quarter of a pound of Sugar-candie, three spoonfulls of Anniseedes brused, three spoonfulls of Licoris sliced, seeth al these together vpon a soft fire vntill it come to a sirrop, then straine it, and take a spoonfull thereof moynning and euening, and let it goe softly downe by gowlpes.

### For the petrilous Cough.

¶ Take white Horehound and stampe it, and wring out the iuyce, and mingle the iuyce with Honny and seeth it, and geue the sicke to drinke hereof. Take also a Carlike head and rost it, then take away the pills and eate it. Also take a Colwort leafe and strike the inner side thereof with Hay butter, and lay it to the sicke mans stomacke or belly euery moynning and euening,  
and



and giue him no Milke, Butter, noz Cheese, noz any kinde of salte meate, noz fatte pottage, noz Nuts, noz Apples, but make the partie pottage with leaues, and rost him an Onyon, and let him eate it with a little Pepper and Honny put therein, and vse it often, and it will helpe him.

Another for the same.

¶ Take the iuyce of Sage, and the iuyce of Rue, of each like much, and a quantitie of Commin, and as much of the powder of Pepper, and seeth them all very well in clarified Honny, and so make an electuarie thereof, and let the partie greened, vse of thys medicine daily, thre sponfulls at night & thre in the morning untill he be whole.

A good medicine to helpe the cough speedily.

¶ Take two or thre Garlick heads well pilled, stamp them, and put them into Hogs greace or suet, and stamp them well together, and at night when thou goest to bedde warme well the soles of your fete, and annoynt them with the said confession as hote as may be suffered, and also the small of your legs, and put a warme cloth about your feete, and within thre nights he shal be helpen. Also take Brimstone and put it into powder, and put a little thereof into a new layde Egge soft rosted, and mingle it well together: then put thereto of Bengemin as much as a fitch pease lightly stamped, & drinke it in the morning at your breakfast, and at night.

A remedie for the dry cough.

¶ Take a pound of Licoris, and scrape it cleane, then stampe it in a morter, and put it in an earthen pot, and put thereto three quartes of the best woodt that may be gotten, & one ounce of Sugar, and a quarter of an ounce of Ginger in powder, & a pint of clarified Honny, and seeth them all together till they bee halfe wasted, then straine it throug a cleane cloth into a faire vessell, and let the party greued vse thereof first and last, at night hote, and in the morning cold, till he be whole.

An

## The Pathway to health.

Another for the dry cough.

¶ Take Anny-seedes, Smallage seedes, and Violet seedes, of each a like much, beate them all together in powder, & temper them with wine as the quantitie requireth, then seeth the well till they were thicke, and so vse it. Also if you take the seedes of Pettles, and seeth them in Dyle, and after ward annoynt your hands and your face therewith, it will doe away the cough. Also take the sirrop of Violets and of Iuiubes, and drinke thereof. Also it is very good to take first in the morning and last at night, a loosing of Diarragagant, and after ward to drinke a draught of good Prisan, and thys is a present remedie for the cough when it proceedeth of a hote cause.

A dyet for them that haue the cold cough.

¶ Ye must abstaine from Vineger, and all salt meats, from fruits and raw hearbes, from Fish, Lemmons, and all kinde of grosse meats, and too much repletion. Also ye must drinke no Wine betwene meales, nor sleepe in the day time, especiallie after meate.

For the stopping of the pypes, and for fleame,  
a medicine proued.

¶ Take a good bowle full of Barlie, and put to the same a gallon of cleane Well water, and boyle them together till the Barly be as soft as any Wheate or Formentie, then straine it throught a cleane cloth, and take that water, and put thereunto as much good Aleoxt, with a penny-worth of Licoris hused, but not made into powder, and a good handfull of Slope, another of Sage, and boyle them altogether till one halfe of the liquoz be boyled in: then straine that liquoz throught a cloth, and that that commeth throught the cloth, put into a close vessell, and let it stand a day, and then let the patient drinke thereof a spoonefull or two euerie morning, and so much likewise euery euening untill he be well. This hath bene often proued.

For

For straitnesse in the pypes.

¶ For straitnesse in the pypes or in the breast, take drye I-  
sop, rotes of *Enula campana*, of each one handfull: sticks of  
*Licoris* scraped and soft brused foure vnces, and boyle altoge-  
ther in a gallon of running water, till halfe be waiked, then  
straine it, and to all the aboue said liquoz hete, put halfe a pint  
of clarified hony, and drinke therof milk warme, a good draught  
euery day first and last.

A medicine for to stay a vomit.

¶ Take halfe a pinte of running water, an vnce of Sugar,  
and a good race of Ginger, pick it and scrape it cleane, and shred  
it in good handsome peeces, and so put it to the water and the  
Sugar, and boile them together from halfe a pint to a quarter  
of a pint, and so giue it to the party to drinke, for it will stay the  
vomit in a very little space.

For them that may not digest their meat.

¶ Take *Dorhouse* and *Hilwate*, of each of these a like much,  
wash them cleane, and stamp them, and put thereto the powder  
of Pepper, and seeth them together in faire water, and let the  
Patient drinke therof luke warme, first and last.

For a vomit a remedy.

¶ For them that haue vomit, and for them that haue not  
their breath at will, and hath stopping in their breasts: take a  
drum and a halfe of the powder of *Betony*, with a Coblet full of  
water, and drinke it fasting.

Another for the same.

¶ Against the vomit caused of weakenesse, heate, or etoz  
chollerick, mingle the powder of the thre leauet Grasse with the  
white of an Egg, and rost them on a tye, and giue it to the Pa-  
tient to eate. Also for the vomit caused of retentive weaknes:  
take the powder of gum Arabick, and powder of Canell.

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For

## The Pathway to health.

For a man that vomiteth too much.

¶ Take Roses and boyle them with strong Vineger, and make a plaister therof, and lay it to his stomack all hot. Also vomiting commeth sometimes without great violence, and thereby one getteth health, wherfore ye need not giue him any remedie, for it is a good action of the naturall vertue of the stomack, sometime vomiting commeth by a great violent mouing of the vertue expulsive of the stomack. For the euill things containd in the same, a remedie: one may well help a man to vomit, giuing him water warme with a little oyle to drinke, or else to put thy finger in his mouth very lowe, or a feather wet in oyle the better to vomit, and to mundifie the stomack, if so be the person haue a wide throat, and that vomiting doth not hurt him much, as they be that haue but small and strait throats, and long necks and leane, for all these are euill to vomit. Sometimes vomiting commeth by weaknes of the stomack, caused of a hot and euill complexion, ye shall cure it after this manner: take sirop of Roses, Quinces, Spirtles, with water sodden and cold againe, or else water of Purslan to quench the thirst. Also it is good to annoynt the stomack befoze dinner and supper, with an oyntment of the oyle of Roses, and Quinces, and the iuice of Spints, and a little war, or els make a plaister of Spints, Roses, Wormwood, and oyle of Roses, & lay to his stomack as hot as ye may.

For to make a man cast and perbreake.

¶ Take two parts of the iuice of fenell, and one part of honny, and seeth it till it be thicke, and drinke therof morning and evening, and it will cause a man for to cast or perbreake.

Another for the same.

¶ Take the iuice of spurge, and vse to drinke thereof, and it will cause you to cast. Also the iuice of Stoncrop put into white wine, causeth a man for to cast presently.

For to comfort the Patient after his vomiting.

¶ Take and giue the Patient in the morning an vnce of the sirop of Wormwood, or Spints, in stead of which it is convenient  
to

## The Pathway to health.

23

to take a losſing of *Aromaticū roſatum*, or *Diagalanga*. Also take evening and morning thre houres beſore meate two Cloues in powder, with a ſponfull of the iuice of *Spints*, or half a ſponfull of *Rue* dried with a little wine. Also it is good to take powder of Cloues, and *Lignum aloes* the weight of a crown, two houres beſore meate.

For one that abhorreth his meate.

¶ Sometime there chaunceth in the ſtomack a diſeaſe called *Faſtidium*, or abhorring of meat, wherby the perſon againſt his will taketh in hate all maner of meats that is offered into him, like as the whole man taketh pleaſure and delight in the ſame. The cauſe of his diſeaſe is repletion of chollerick humors, or ſlegmatick, groſſe and viſcouſe which are in the ſtomack: and the Patient hath great thirſt, a dry tongue, the mouth bitter, and ſometime doth vomit yellow choller. And if the vaines be full, let the Patient be let blood on the right arme, and giue him to eat and drinke ſuch things as are fit for a party ſo greued, alſo you may giue him the iuice of *Pomgranets*.

For to prouoke an appetite.

¶ Take *Sage*, *Barley*, *Pepper*, and *Spints*, and ſtampe them, and temper them with *Vineger*, as you doe make ſauce for fiſhes, it will cauſe appetite: alſo fiſh eaten with *Vineger*, comforteth and giueth appetite. If *Vineger* be vſed with a full ſtomack, it vnbudgeth the wombe, with an empty ſtomacke bindeth it. It is good for them that be weake with ſicknes, if it be taken in this manner: toſt by ſad, and wet it in *Vineger*, and with the toſt rub the mouth and noſe byls, and bind it on the pulſable vaines, for it comforteth the Patient, and the appetite, but for the appetite onely, it were better wet in the iuice of *Spints*. Also to them that haue loſt their appetite by ſicknes, two drams of the powder of *Betony*, with ſoure Clote roots in drinke, taketh away both ſadnes and euill taſt of meats. Also take and conſect *Cardomomum*, with the iuice of *Spints*, and vſe ſo: to wet your meat ther in, it prouoketh appetite.

¶ 2

Against

## The Pathway to health.

Against the letting of the breath.

¶ Take and lay Oypiment vpon hote embers, and let the Patient sleepe downe, and receiue the smoke therof through a pipe or funnell. Also take three drams of Oypiment, with reare Eggs, or with wine or womans milk, once or twice in the week.

Against paine of the breath called Asma, caused of cold, take the powder of Philixendula, with the powder of Gentiana, and vse it in his meat and drink.

Another for the same.

¶ Against the paine of the breath if it be of a long continuance: take the powder of Gentiana with Wine, and Barly water, or else with meats or with new bread. Also take two drams of Galbanum, with a reere Egge, or with Barly water. Also to take figs and seth them in wine, is good against the letting of the breath, and against cold rume or humors in the breast. Also Pancakes made of Docks with meat or Eggs, is very good for letting of the breath called Asma, if you eate therof.

An oyntment for the shortnes of the breath.

¶ Take two vneces of the oyle of sweet Almonds, and one vnce of Hay butter unsalted, a little Saffron, and new Ware, and make an oyntment therewith, and annoynt the breast euening and morning.

Also for him that lacketh wind.

¶ Take Gallowes, Mercury, and Borage, seth them together in a peece of Bozk, and make therof pottage, and eat and drink of this broth with wine, or with Whey that is good.

For armes being consumed and fallen away.

¶ Take Deare suet, and thine olune water being dissolved in a basen warine, then therewith wash thy armes euery day morning and euening.

For the may being cold and numb in the armes.

¶ Take three spoonfull of Hacc, three spoonfull of Aqua vita, and three spoonfull of Wine, and three spoonful of Capons grease, and

## The Pathway to heahh.

29

and put them all in a Pozrenger, and warme them on the fire and wash your armes mozing and evening. Also if that you be soze in any part of the armes, take Koch Allom, and Padber, and boyle them with Conduit water, from a pottell to a pint, and so wash your armes.

For aking of the hands and deadnes of the fingers.

¶ Take a handfull of red Sage, as much red Fennell, as much red Pettles with a quantity of Bay leaues in powder, and long Pepper, stamp all these together in a Morter, then straine the same through a Canuas cloth with Aqua vita, and with this liquoz annoynt thy hands when you goe to bed.

For swelling of wounds in the hand.

¶ Take Wormwood, stampe it, and straine it, and boyle it with Vineger, and put therto Wheat bran, and make a plaister and lay it to the soze hands.

For wormes or heat in the hands.

¶ Take Chickward and bruse it a little, and seth it in running water till the halfe be wasted, and wash your hands as hot as the party can suffer it, for the space of sixe daies, and it will dye a way the heat or wormes in the hands.

For to make your hands whire.

¶ To make the hands white and soft, take Affodill in cleane water till it way thick, and put therto powder of Cantarium, and stir them together, then put thereto rawe Eggs, and stir them well together, and with this oymtent annoynt your hands, and within thre or foure daies vsing thereof they will be white and cleane.

For itching of the hands with wormes.

¶ Take and annoynt the place that itcheh with the iuce of Hints, or of Rue, and it shall put away the wormes. Or else take the berries of the lesse Pozrell, and therewith annoynt the wormes and the hands.



## The Pathway to health.

For to make nailes to grow.

¶ Take Wheate flower, and mingle the same with honey, and lay it to the nailes, and it will help them.

For nailes that doe fall off.

¶ Take powder of Egrimony, and lay it there as the nayle was, and it shall put away the aking, and it will make the nails fo; to grow.

For clouen nailes.

¶ Take Virgin Mar, and Turpentine, and mingle them together, and lay it on the naile, and as it waxeth o; groweth, cut it away, and it will heale.

For nailes that are rent from the flesh.

¶ Take the lesser Violet, and stamp it, and fry it with Virgin ware, and Frankensence, and make a plaister, and lay it to the naile all whole.

Also anoint thy fingers with the poudre of Bzimston, Arsnick, and Vineger, and in short time you shall find great ease.

For stinch vnder the arme holes.

¶ First pluck away the haire of the arme holes, and wash them with white Wine, and Rose-water that Cassia ligna hath been sodden in, and vse it th;e o; foure times.

For to destroy the heat of the stomack.

¶ Take faire cleare water, and boyle it well, and skim it, and put therin shiners of brown Bread, and let them lye therein an houre, till the water be almost cold, and drink therof two o; th;e dayes, the oftner a day, the better, and eat graine Parsly, and Galingall, and it shall help the.

For to auoid fleame out of the stomack.

¶ Take the poudre of Bellitoy of Spaine, and the poudre of Comin, powder of long Pepper, powder of Ginger, Bullerd Vineger,

## The Pathway to health.

30

neger, and mingle them together, and chase them en the fier till they ware thicke, and then as hot as you can suffer it, put part thereof in your mouth, gargling it in your throat vp and down, but let none enter into your stomach, do this diuers times, spitting it out by the space of an hower, and this is a Gargarisme proued.

For the stomach that is hot and swolne.

¶ Take the roote of Smallege, stamp it, and put it in swat Wine, or in ether good wine all a day and a night, and straine it through a faire linnen cloth, and put it in a cleane vessel, and vse to drinke a little thereof euery day fasting, take this eight or nine dayes.

For rysing vnder the stomach.

¶ Take long Pepper, Graines, Saffron, Ginger, Anisad, Licoris, and Sugar, and seeth them al in good Ale till it be thicke, and giue it to the party to drinke, and he shall be whole.

A plaister for rysing vnder the stomach.

¶ Take Barrow, Hilfoyle, red Fenell, red Pints, Rue, Bozage, Fetherfoyle, Cloteler, Pellitory, Cgrimony, of each of these a like much, and the greace of a barow Hog, that is a Sow kind, and seeth them all together in good Ale, and make thereof a plaister, and lay it to the stomach as hot as it may be suffered, two or thre times, and he shall be whole God willing, the better the better for to be taken: this hath ben proued.

For the gnawing of the stomach.

¶ Take and seethe Betony in the iuce of Wormwood, and let the party drinke it with warme water, if his stomacke be not well. Also drinke wine that pep hath ben sodden in next to the hart fasting very early.

For the stomach that aketh.

¶ Take an hearb that is called Poleo, and dry leaues, and a handfull of Houselæke, and as much of this Poleo, and put it

## The Pathway to health.

In a vessell with faire water, and let it boile on the fire till the third part of the water be sodden away, and put thereto stone Sugar, and a litle hency, and let the Patient drinke thereof sixe dayes fasting, and he shall be whole.

For to force the Stomack.

¶ Take three parts of Cannell, and one part of Mastick, and one part of the parings of Pomegranets, and halfe a part of Calingall, and stamp all these together, and temper it with hency that hath been clarified on the fire, and well scummed, then vse as much of this as a Put, every day during ten dayes together: this hath been proued.

For the wind chollick in the Stomack.

¶ Take a handfull of Time and wash it cleane, and put it into a cup of Ale or Beere, and let it stand all night, then take three sticks of Licoris brused, and let the party so grained drinke therof morning and euening.

Another for the same.

¶ Take Onyons and put them into running water, and change them into foure waters sathing, and when they are tender sod, take them and wying them betwix two trenchers, and butter them, and put thereon grosse Pepper, and so eate of them morning and euening, vntill you doe find your selfe eased of your stomacke.

For fleame in the Stomack.

¶ Take red Nettles a good quantity, a good quantity of clarified Butter, and seethe them in faire running water, till the hearbs be tender, then take them vp, and eate the hearbs, and drinke the liqour: proued.

For to make losings to comfort the Stomack.

¶ Take a pint of Rose-water, a quantity of Rubarb, grate it vpon a Grater, twice as much Setwell, as much Calomus aromaticus,

## The Pathway to health.

37.

aromaticus, as much Spignard, a little Sinamon, as much Enula campana, as much Ginger, and a little cleane water : put to these Spices one penny worth of Sugar, and let all seeth on the fire till it ware verie thicke, and be well sodden, then vse here of both moꝛning and euening.

For all manner of euill in the stomack.

¶ Take Alhe seedes, Linsædes, Comin, of euery of them a like much, giue these to the sick to drinke with hot Wilt, or else with faire hot water.

For the Feauer in the stomack.

¶ Conserue of Roses, is very good for the feauer in the stomack : also it is good for all euils in the stomack, that is ingendꝛed of hot humoꝛs.

For the swelling in the stomack.

¶ Take the rootes of Fennell, and the rootes of Smallage, of each of them a like quantitie, then stampe them and straine out the iuyce, and temper the same with good Wine, and vse to drinke thereof first and last, in the euening warme, and in the moꝛning cold.

For impostumes in the stomack.

¶ Against the impostumes in the stomack and of the bowels, seeth Fenegreke verie soft, with water that Gallowes haue bene sodden in, and lay it to the stomacke in manner of a plaster, and this will ripen and breake the impostumes that be in the stomack. Prooued.

For impostumes that be in the stomack, or in the liuer, or in the bowels.

¶ Take the iuyce of Pozrell with Peisome and Barly, and giue it to the patient to drinke, and it wil both ripen and destroy the impostume in the stomack. Also take the oyle of Pandake and annoynt the græued stomacke therewith.

## The Pathway to health.

For an impostume in the stomacke.

¶ Take Barlie, dyed Beanes, and Lycoris, and let them boyle all together, of each of these a like much, drinke thereof with Sugar euerie day fasting, and at night when thou goest to bedde, let the patient vse this seauen or eyght dayes together, and it will cast out the impostume in his stomack.

For to cleanse the filth in the stomack.

¶ For the filth and dyt in the stomack, which resteth there by reason of the impostume that hath bene in the stomack or in the bowels, take the powder of Salnatry with warme water, or else with Hony.

For a stomack ouer-charged with raw meat.

¶ Take Stonecrop that groweth on the wal, and it purgeth both upward and downward: it purgeth the stomacke of euill humors, and helpeth the Droisie, the Stone, and the flir. Also for the Splene, for the Disick, and for the feauer, it is a precious medicine.

For the stomack and head, and for a man that may not well speake.

¶ Take and giue the sick to eate nine daies in Bay, Scabias, Bugwort, Smalage, Morfus diaboli, Iuie, Sylfoyle, Mozmeewood, and Fetherfof, stampe all these together, then seeth them, and when they be well sodden, take whites of Eggs, and purge the patient euening and morning.

For a man that cannot digest his meate in his stomacke.

¶ Take Centozie, and seeth it in water, and drinke thereof warme euerie night when thou goest to bedde. Also take Sage, Rue, Commin, and Pepper, seeth them together with Hony, and eate euery day a spoonful thereof. Also drinke the wine that Sep hath ben sodden in. Or seeth Betony in the iuyce of woyme-wood, and drinke it with warme water.

For

For winde in the stomack and bowels.

¶ Take three unces of Scene, halfe an unce of Ginger in powder, Commin and Anniseedes, three pound weight of both, mingle all these together, and eate therof euery day a spoonefull. Also take Calamint ginger an unce made in powder, with a little Honny, and eate thercof first and last.

For vnkinde heate in the stomack.

¶ Take Lettice, and drinke it with Wine euery day, or else eate thercof, and it will take away the heat of the stomack, also to eate Rue euery morning, is good for the stomack.

For the weakenes of the stomack.

¶ Take Mastick and Labdanum of each one unce, take also a dramme of the powder of Cloomeewood, and Turpentine as much as needes to incorporeate them together, make a plaister hercof and spread it vpon Leather, then lay it to the stomacke. It is good to annoynt the stomacke with the oyle of Spignard, and Mastick, or to lay vpon it hote bread steeped in good wine, on the which bread strew the powder of Cloues and Nutmegs. Also it is wholesome to eate afoze your meate, Anniseedes, and Fennell-seedes: and when you begin to eate, take a trosse dipped in sodden wine, or els in good Malmsie, without drinkeing of the same Wine, except it be a very little draught after meat.

A medicine for the bulke.

¶ Against paine of the members in the bulke, as the longs, and other that serue to the breath, and against apilation of the liuer and Hilke of the bladder, and paine of the stomack, drinke the Wine that the roote of Ireos hath bene sodden in.

Another for the same.

¶ Take and make a manner of pottage with Barly & water, and put the powder of Saluome-mint thereto, and giue it to the patient: and it will helpe him.

## The Pathway to health.

For the bulke and the stomack.

¶ Use to drinke the Wine that is sodden with Dragagant, it warmeth the parts of the bulke and clenseth them. Also it warmeth the stomack and the bowels, and is very good against the Collick, and to open the milt, also it is verie good against the hinderance of bzine, be it either Strangurie or Diffury. There be two kinds of Secadors, that is to wit, Arabick and Cytrine, and both of them approued to the sinnewes and bzaine.

For spetting of blood.

¶ For the partie that vseth to spet blood, caused in the bulke, make Pills of the powder of Dragons blood, and gumme Arabick, and Ptysome that Dragagant hath been molten in, and let the patient hold it on his tongue, and whe it is all relented swallow it downe. Also for them that spet blood because of the distease in the bulke, take Pills made of the powder of Sumac, and gumme Arabick confect in Rose-water. Also for them that spet blood, take Honny and Vinegar, and it helpeth the same.

Another medicine for the spetting of blood.

¶ Take Pills confect with the powder of Gummy, & with a little Balsick, and confect them in water that gum Arabicke hath bene molten or laid in: and hold these Pills in thy mouth till they melt, and then swallow them downe. And if the blood come to thy mouth by reason of the nutritine members, as the stomack, the liuer and the milt, cate this powder with a rawe Egge, and drinke it with the iyce of Plantaine.

Another for the same.

¶ For them that vse to spet blood at the mouth, out of the bellic and stomack, and against the paine thereof, take and beate the roote of Solwithille small to powder, & drinke it with wine. Or els take two drams of the powder of Betony, with Clats of olde Wine for thre dayes, and it will helpe the patient that is græued here-with.

For



For spetting of blood.

¶ Take Ach, Vints, Rue, and Betony, of each a like quantitie, and seeth them well in good Milke, then giue the patient thercof to drinke, and it shall helpe him.

Another for the same.

¶ Take the iuyce of Betonie, and temper the same wel with Goates milke, and let the partie troubled, drinke thercof thre dayes together. Also take Smalage, Vints, Rue, and Betony, and giue thercof to the patient to drinke in Goates milk, and let him sup vp a good draught at a time, as hote as he may well suifer it.

For straightnes of the brest.

¶ Take a quarte of good stale Ale, and a quart of fine Wort, take also halfe a handfull of Liuer wort, & halfe a penny-worth of Licoris sliced very fine, and scraped cleane, then bruse it, take also a halfe penny-worth of figges, and wash them cleane, and halfe a handfull of Tsope, a quantitie of clarified Honny, a quantitie of Setwell, and thre rootes of Parslie, and cut them smal, with halfe a roote of Fennell, cut likewise very small, boyle all these together till halfe be consumed, then vse to drinke heereof moyning and euening reasonable hote.

For the partie that is incombred in the brest with any kind of fleame or glarr.

¶ Take the powder of Betonie, and drinke it with warme water, it voideth and purgeth the fleame wondrously, and doth awaie the glarr of fleame.

For paine in the brest.

¶ Take and gather a good quantity of ripe Slowes, & grinde them small in a moxter, then put them in an earthen pottle, and fill it full of new Ale, and so drinke thercof.

## The Pathway to health.

Another for the same.

¶ Take Rofe, Marfly, and Sage, Hampe them and lay the to the bzeast of the patient verie hote. Take also the marrowe of a Calfe, Fene greke, Linfeedes, bray them small in a mortar, and mingle the powder with the yolkes of Egges, then temper all these together with fresh greace or Oyle, and lay it to the soze as hote as you may suffer it.

For the breast that is incombred.

¶ Take Rofe, and seeth it in a pottle of Wine till it come to a quarte, and let the patient vse thereof first in the mozning colde, and last in the euening hote.

Another for the same.

¶ Take three pottles of running water of a Well that springs, and boyle it to a pottell, then take halfe a pint of Hony, and one pounce of the powder of Anniseedes, a pounce of the powder of Licoris, one penny worth of Sugar, and cast all these into the liquoz, and let them boyle well, then put it into a vessel and stop the mouth thereof close that the ayze goe not out, and let the patient drinke thereof in the mozning, but not fasting at night, and he shall be whole.

For the breast and the lungen.

¶ Take a quantity of clarified Hony and boyle it, and when it is boyled, put thereto an ounce of the powder of Enula campana, and one ounce of the powder of Licoris, and let them boyle till they be somewhat thick, then take it from the fire, and when it is cold put thereto an ounce of the powder of Ginger, and stirre it well together, and vse this first and last.

For a man that is stopped in his breast or pypes.

¶ Take Enula campana, Rofe, and Licoris, dry them wel, then beat them in a mortar as fine as flower, then take Ginger, Anniseedes Sinamon and Galingall, beate them also, and when thou

## The Pathway to health.

34

thou hast done, take a quantity of Hony & boile it wel, and scum it cleane, then take the Enula campana, the Zfoye and the Licoris, and boyle them wel together in the Hony, after ward, take the Ginger, Anniseedes, Galingall, and Sinamon, put them al in Hony, and let them seeth together: then put it in a dish, then take Sugar and put vpon it while it is hote, and eate a quantity thereof morning and euening, but drinke not till two howers after, and it will helpe thee. Also if you take and seeth Ruz in Vinegar and drinke thereof, it will likewise helpe you.

For swelling of the breasts.

¶ Take Wozmwood, Sage, and Calamint, of each a like much, and stampe them well, put thereto a quantitie of Vinegar, and temper them well together: then take white Breade, and tosse it till it be browne, and grind it small: then boile them together, and stir it that it burne not to, and lay thereof to the patients bzeast as hote as may be suffered.

Another for the same.

¶ Also if a plaister be made of Chestnuts with Barly meale, and Vinegar or Wine, and layd to the pappes, it will allwaie both the swelling and the paine thereof.

For all manner of euills and paine in the breast  
or the ribbes.

¶ Take and bruse Mugwort with Vinegar, and lay it to the breast, and it will be whole in three dayes. Also take the water that gum Arabick and Gyrh hath been sodden in, and wash the bzeast therewith. Also take the electuary called Diapemidion, made into pennets, it is verie good for the same purpose, as hath oft been proued.

Also for drought in the breasts and the members in it, and for them that be Coughs, so that the breast be not stopped, nor the breath short, lay Pluim in water a certaine space, and then poure out the water, and take the same seedes with other cleane water that is cold, and vse it to the patient.

Also

## The Pathway to health.

Also take and make a plaister of Knotgrasse and Butter, and lay it to the soze breast, and it helpeth the same.

For vaines broken in the breast.

¶ Take the roots of Camphire and seeth it, and when it is sodden slice it with a knife, then hange it in the Sunne to dry, thys may be kept thre yeeres in goodnes and vertue, and if a vaine be broken in the breast or guttes, it will rebound and knit it, and reioyne it meruailously, if that the powder thereof be taken greene with Wine or water: or if you fry the roote greene like a fritture with Egges or Heale, and so eate thereof.

For impostumes in the breast.

¶ Take and fill a bagge with meale of Fenegreke, and seeth it in water that Lysimachie and Helliheck hath been sodden in, and lay it often to the impostume of the breast.

Another for the same.

¶ Take the water that Licozis hath bene sodden in, or the iuyce thereof, and it is very good being vled, against the impostumes of the breasts or ribbes, called the Plurisie.

For blood of the breasts.

¶ Take two Drammes of Leekes seede and Spirrhy, it stancheth the blood that commeth out of the breast by spetting, although it be grieve to the teeth and throat.

For the Canker in a womans pappes.

¶ Take picked Garlicke, and Rye-meale, or Barly-meale, and bray them together with Vinegar, till they become as thick as a plaister, then lay it to the soze till it bee white, then take Dimpennell and beate it small, and put thereto Life-honny, and lay the plaister to the soze pappe, and it will heale it faire. Or else take the fenne of a white Goose, and the iuyce of Ellidonic, and bray them well together, and lay it to the pappe, and it will kill the Canker, and heale it soundly.

Another

Another for the same.

¶ Take Wormwood, and the white of an Egge, and skinne it, then temper it with oyle of Violets, and let her blood on the vaines about the paps.

For the feller in the breast.

¶ Take the iuice of the roote of Fore gloues, and temper it with mans vyne, and wyng it throught a cloth, and wash the soze oftentimes therewith, and it will cure it.

To make a woman to haue soft breasts.

¶ Let the party that desireth to haue soft breasts drinke in Ale, Nettel seede, and Salt, and it shall quickly help her.

For a woman that hath her breasts rancled.

¶ Take Lint seede, and bray it with the white of an Egge, and lay it on her breasts, and then take the iuice of Ache, and of Rye mycale, and lay it on her breasts, and let her drinke the iuice of Meruaine, Fenell seed, and Amber.

For to make a drinke for womans paps that are rancled, and be full of ache.

¶ Take Groundsell, and two times as much of Broustwort, and wash them both, and stamp them, and temper them with stale Ale, and straine it throught a cloth, and giue to the Patient thereof first in the morning, and last at night.

For the euill swelling in a womans breast.

¶ Take Wake apples, and stamp them in powder, and put them in oyle of Roses, and lay it to the swelling: or else take the iuice of pety Poxrell, and Daisies, and the dregs of Vineger, and a hard Egge sodden with the shell, and Barly flower, and so make therof a plaister, and lay it on the soze.

For biles on a womans breasts.

¶ Take the iuice of Poxrell, the oyle of an Egg, and Beane flower, make therof a plaister, and lay it cold thereto.

¶

For

## The Pathway to health.

For a woman that desireth to haue great plenty of milke in her breasts.

¶ Let her take the iuice of Mercurine or Fenell, and vse to drinke oftentimes therof, and she shall haue great plenty of milke. Also if she drinke the broth that Whitings haue been sodden in, it is very good for the same purpose.

For paines in the breast with ouer too much milke.

¶ Take very cleane water without any grauell in the same, and mingle it with Vineger, and the yolke of an Egge, and a little Saffron, then lay it vpon a cloth plaister wise, and lay it to the breast, and when it is dry take it away, and lay another in the place.

Another for the same.

¶ Take Vineger and honey boyled together, and spread it vpon a cloth, then lay vpon it a little powder of Comin, it will assuage the milke.

For the milke that is curded in a womans breast.

¶ Take Wheat mingled with Rue, and sodden in water, and lay it to a womans hard breasts that be curded with milke, and it will soften them.

Another for the same.

¶ If the seeds of Lentiles be mingled with water of the Sea, they be good for milke that is curded in womens breasts.

For the hart burning.

¶ Take a crop of Fennell, and chewe it in thy mouth, and suck the iuice therof, then spit it out, and take another, vse this very often, and it will help him that is hart burnt.

For

For the paine at the hart.

¶ Take Centuary & saeth it in Scale Ale, and when it is well sodden, Stamp it in a mortar, and saeth it againe with the same liquoz, then cleanse it through a cloth with two spoonfulls of the iuice, and thre spoonfulls of Honee, and then boyle it well together againe, and put it in a boxe, and giue it to the Patient euery day thre spoonfulls fasting till he be whole, and this shall doe away the glut from him, and make him haue an appetite to his meate.

For weaknesse of the hart.

¶ Take Rose-water, and mother of Pearle beaten small to powder, and mingle it with Sugar, and giue it to the Patient to drinke thre or foure daies, and he shall be whole.

For faintnes at the hart.

¶ Take the filings of Gold, and the powder of the bone of a Harts hart, and mingle them with the iuice of Bozage, and Sugar made in sirop, for it is very good for solwning.

For all sicknesses about the hart.

¶ Take Rosemary, Zscope, Centoey, Betony, and Iris, and saeth them in faire water, and straine the water and the iuice of the hearbs, and put thereto hony, and boile it againe, and scum it, and put thereto as much butter as hony in the saething, and mingle them together, and take it downe and couer it well, and drinke therof at euen hot, and in the morning cold.

An Electuary for the hart.

¶ Diantes: this Electuary is good for the heauines in the hart, and for feblenes of complexion in a mans stomacke, for the Cardiake, and for the bad lungs, et alia causa.

For euils at the hart.

¶ Take Hartswort, Galingall, Harts tongue, and Hauine, Stamp them, and wyng out the iuice, and temper them with  
R 2 good



## The Pathway to health.

good Wine, a good quantity of Roses, and giue it to the party so greued to drinke first in the morning, and last at night, and he shall be whole God willing.

A sirop for the paine of the hart.

¶ Take and stamp Betony, and hearb Benet, Hozehound, and Geruaine, seeth them in faire water, to the third part, then put therto hony, and make therof a sirop.

For all diseases in a mans hart.

¶ Take Sage, & Mints, by euen portion, seeth them in white Wine, and make a plaister therof, and lay it to his hart till he be whole: take also the Wine that it was sodden in, and giue it to the Patient to drinke euening and morning, and he shall haue good desire to his meat within fixe daies after at the furthest.

For to comfort the hart.

¶ Take the powder of Setwall, and put it in the sick mans meat, it comforteth the hart, and is very good for them that haue weake harts, and be disposed to sowning.

Another for the same.

¶ Temper the Patients Wine with water that Spicknard is sodden in, and with the same water make a sirop, and let the sick drinke therof, it is good against the disease of the hart, and for sowning. And for weakenes of the bzaine, smell it at thy nose. Also seeth the flowers of Rosemary leaues mingled with Rosewater, and giue it to the Patient to drinke.

Anorher for the same.

¶ Take the iuice of Rosemary leaues mingled with Rosewater, and a little of the iuice of Panay, and make sirop therof: it will also be good if some of the bone in the hart of an Hart be put therunto, and giuen to the Patient.

For

For all paines in the hart

¶ Take the powder of Galingall, with the iuice of Borage, and the seeds of Ireos with the milke of a Goate, and drinke it warme: it will asswage the paine of the hart.

Another for the same.

¶ Take the powder of Cannel, with the powder of the leaues of Ielliflowers, it is very good against the passion and solwing of the hart being giuen to the party.

Against the passions of the hart.

¶ Take and make sirop with the iuice of Borage, and put thereto of the powder of the Harts bone in the hart of a Hart.

Also take Buglosse, and eate it often eyther rawe or sodden, it drieth out the noysome humors.

Also against the passion of the hart and solwing: take sirop made with Cassia ligna and Roses, and the bone of a Harts hart, and giue it the sick to eate.

For feeblenes of the hart.

¶ For them that are weake in the hart, and doe take their breaths in manner of sighes: take and giue them the iuice of Buglosse with hony, and it shall help them.

Against the fainting of the hart.

¶ Take and make Pills with a dram of Amber, and an vnce of Lignum aloes, and two drams of the bone of a Harts hart beat to powder, and beat the Pills in Rose-water, and giue two or thre of the said Pills to the Patient when he goeth to bed.

Also to take the quantity of foure drams of Cucubes, with the iuice of the root or the leaues of Parsneps is very good.

Also for them that be faint at the hart or be like to solwn: giue them Rose-water for to drinke, and also bedew their faces therewith. Also if the faintnes come from the braine or liuer, or paine

## The Pathway to health.

of the Stomack caused of cold : take two Wheat coynes of Husk in wine, and it will help the same.

### Against sowning.

Against sowning and faintnes of the hart : take Rose-water, that this hearb Wallell is sodden in, and soz the same : take wine that the hearb is laid in all night.

Also against sowning take the powder of Roses, and put it in to a reare Egge.

Also take the powder of Ginger in your meats, and it is good against sowning.

Against sowning : make sirop with the iuice of Bozage, and Sugar.

Also against sowning of the hart comming of cold : take and seeth this hearb, Cardomomum in sweet smelling wine, with a little Rose-water, and vse it.

### For sowning.

¶ For sowning and weaknes of the hart, be it in Feauers or sickneses, or if it come of either cause, stampe Hints with Vineger, and a little Wine: if the Patient haue no Feauer, then tost a Shiuer till it be almost burnt, and put it therein till it be well steeped, then put of it in his nose, and rub his lips, his tong, gums, teeth, and the temples, and let him chewe it, and sucke the moistnes therof, and swallow it.

### For the paine of the lungs.

¶ Take Figs, and let them be sodden with Asop : they cleanse the lungs, and heale the old cough.

Also take the root of the wild Rape, and seeth it with Licoris, and the water that it is sodden in given to the Patient to drinke, is very good to cleanse the lungs.

Also take this hearb Southernwood, and mingle it with Asop, and sodden in wine or water, make it sweet with Sugar, and so drunken, is very good for al diseases of the lungs, and the bzeast: when sicknes commeth of cold, annoynt the bzeast.

Another

Another for the same.

¶ If you take the broth of Creues, it is good for paine in the lungs, named Perpleumonia, by consuming of a man called Prosis, because when a man hath a swelling about the lungs: then he cometh to dyinesse, and consuming of that naturall moisture till he dyeth.

For the lyuer and lungs.

¶ For the lyuer and the lungs wasting with ouer unkind heats, take water made of Borage, and of red fenell roots, Ach, Ffop, Endiue, Betony, Calamint, Lettice, Putnecs, Pace, flowers of Camomel, Cloues, Aniseds, by euen portions: one vnce of Licoris, and Aniseds halfe a pound, make of all these hearbs and spices a water, and it shall restore you meruailously, and if you cannot get all these hearbs, then take the more of Borage. Also to restore his kind, make a confection of the flowers of Borage, and of red Roses with the foresaid spices, and with Sugar.

For the heat of the lyuer.

¶ Take Spodium vt eborij in rose, Cozall, Barly meale, Triacendaly thre peny worth, mingle all these with the iuice of Endiue, S. Mary berry, and Houllake.

Another for the same.

¶ Take red Roses Sandalorum cum Iuery, and water of Lillies an vnce, stamp them small, and put therto Barly meale, and the iuice of Parigolds & Vineger, and the iuice of Clove wood, and make a plaister therof, and lay it to the lyuer.

For chafing of the lyuer, and of the spleene.

¶ Take yelloe Rubarb, Barly meale, and Vineger, and temper them together, and make therof a plaister, and lay that plaister to a mans right side, let him blood in the vaine of the spleene, and giue him to drinke in Winter Sugar roset, and in Sommer Scabious.

For

## The Pathway to health.

For the chafing of the lyuer.

¶ For the chafing of the lyuer and opilation of the milke caused of humoꝝ: take Kubarb with warme water, but it is better to mingle it with Trifera sarazenica, and this you may vse with the iuice of Endiue, and so giue it to the Patient.

Also take and annoynt the lyuer with the oyle of Roses, for the chafing of the lyuer.

Against chafing oꝝ heat of the lyuer: take and wet a cloth many times double, and lay it to the lyuer.

Also the oyle of Violets is good against the chafing of the lyuer. Prooued.

Against the chafing of the lyuer: scrape the vppermost of the Gourd, stamp the said scraping and wring out the iuice, and put Vineger thereto, wet a cloth therin, and lay it to the lyuer outwardlie.

Also take Endiue, and lay it in water, and vse it in your brothes for the Patient so greened.

For the heat of the lyuer.

¶ Take Fenell, Endiue, Succory, Planten, of each a like much, and still them with red Wine oꝝ milke, and vse it euerie moꝝning nine sponfuls at a time, with a draught of Wine and Sugar, oꝝ els fīue sponfuls therof alone.

For the lyuer wasting, which causeth a scab-  
bid face.

¶ Take thꝛee gallons of sweet Wort, and put thereto foure handfull of Lyuerwort, and foure handfulls of Violets, two handfulls of Harts tongue, foure handfulls of Parigolds, foure handfulls of Gattelson, and stamp all these together, and boyle them a pꝛety while in the Wort, then take them vp, and when they are cold strain them, and put therto Barly meale: vse this fasting at night, the space of a moneth, then take an oymntment that is made for a dry scab, and therewith daily annoynt thy face, and vsing of this drink also: said: the party shall find help.

For

For the vnkinde heate of a mans liuer, which causeth  
his collour to waxe yellow.

¶ Take the water of Chicorie, and the water of Lettice,  
and the water of the leanes & small branches of a Popper tree,  
take the hearbs and stampe them all together, as much of the  
one as of the other, & take the iuyce thereof, and asmuch Sugar  
as will suffice, boyle all these together till they be as thicke as a  
sirrop, and put vnto the same a peys and a halfe of Reubarbe,  
and vse a quantitie of this sirrop in colde water euerie day fa-  
sing, till he be whole.

For the liuer that is corrupted and wasted.

¶ Take a quantitie of Liuerwoort, and bruse it a little, then  
seeth it in good strong Woozt with a quantitie of Reubarb, and  
vse this medicine till thou be whole.

A drinke for the Splene.

¶ Take Harts-tongue, wilde Poppe leanes, and Bozage,  
with the flowers of Femitozy, and Parslie rootes, seeth them  
in They and clarifie them with the white of an Egge, & straine  
it, drinke thereof morning and euening, and so continue a fortnight,  
and it will helpe you many waies.

A playster for the Splene.

¶ Take thre oz foure Hollihocke rootes, two handfulls of  
Hallowes, and seeth them well together, then stampe & rotes  
by themselves, and straine them with the same water wherein  
they were sodden, then stampe the Hallowes together with the  
iuyce of the Hollihock rootes, and put in eyght oz nine figges,  
and two vnces of Sugar, a little leaunened Breade, and halfe a  
dish of sweet Butter, then lay part of the same vpon a wollen  
cloth, and as hote as may bee suffered lay the same to the side,  
and rowle it verie fast with a strong rowler, and euerie day  
once renew the same with a fresh plaister verie hote, vntill such  
time as the partie be well.

For 2<sup>o</sup> reme<sup>y</sup> of the large vnterside Another

*Handwritten note:* Take the water of Chicorie, and the water of Lettice, and the water of the leanes & small branches of a Popper tree, take the hearbs and stampe them all together, as much of the one as of the other, & take the iuyce thereof, and asmuch Sugar as will suffice, boyle all these together till they be as thicke as a sirrop, and put vnto the same a peys and a halfe of Reubarbe, and vse a quantitie of this sirrop in colde water euerie day fa-  
sing, till he be whole.

## The Pathway to health.

### Another plaister for the Spleene.

¶ Take ~~Wormwood~~ <sup>Wormwood</sup>, ~~Challowes~~ <sup>Challowes</sup>, Cammomiile and Peli-  
lot, of each of these a good handfull, boyle them in faire water  
till the liquoz be halfe consumed, then put into the same halfe a  
handful of Wheate bzanne or moze, and boyle it to the thicknes  
of a plaister, then quill it, and as hofe as you may suffer it, lay  
it to your left side.

### An aluarie for the Spleene.

¶ Take a pinte of Ale clarified, and put therein a crust of Breade, then take the powder of Gentiana, Spignard, Gallin- gall, of each two penny-worthe, let them haue a boyling oꝝ a wauline, then take it off the fire, and drinke thereof morning and euening, and it will cure the Splene.

**A restorative for the liver, lungs, and spleen.**

Take two parts of fennell, and three parts of Honnie,  
seeth them together till they be as thicke as a lctuare, and let  
the sicke vse this morning and euening. *For the stopping of the Spleene.*  
Take the Elder roote, and seeth the same in white wine,  
vntill the third part thereof, and drinke of the same, and it cu-  
reth the Spleene meruailously.

Another for the same.

¶ Take the lunges of a fforc, and make it into powder, and use to drinke thereof, and it will certainly cure the Splene.

For the Spleene a good experiment.

¶ Take two pounde of Bozes greace, and two pounde of ashes made of Ashen wood, and one gallon of faire running water, and seeth them all together til halfe be consumed, the straine them through a cloth, and let it stand all night, and in the morning decete of the greace, and cast away the water, and mingle



## The Pathway to health.

40

the greace well together, and put it in a bore, and there with annoynt vpon the Spleene. You must likewise giue the patient this drinke following: Take the rootes of young Ashen plants, and a good quantity of Wormwood, and seeth them well together in a gallon of Wine till the one halfe be wasted, and let the patient drinke thereof in the euening hote, and in the morning cold: and let the patient vse of this oymntment, and drinke of this drinke the space of nine dayes, and it will helpe him: proued.

Another for the Spleene, proued.

¶ Take the inner rine of the Ashe tree, stamp it and seeth it in Wine, and it will doubtles helpe the Spleene.

For the heate of the liuer.

¶ Take the iuyce of solye Apples, and sweet Apples, of each a pynt or more, and two pound of Sugar, and mingle these together, and let it boyle on a soft fire till it be as thick as a sirop, and vse of this a little euery day fasting, beeing first made luke warme at the fire.

To purge the liuer of choller and salt fleame.

¶ Take the waight of a gold Noble of Rubarbe, and cut it in small peces, and a halfe penny-worth of Spignard, and the weight of two groats of Scene in the codds, lay all these in soke in nine spoonfulls of Whey, by the space of twelue howres, and so giue it to the patient.

For the liuer that is chafed.

¶ Take and vse Saunders in thy pottage or broth, & drinke it, and wash thy right side with cold vyne, but first boyle it and scum it, and put thereto Vinegar, and lay it to thy right side, but not hote, for it will chafe the liuer.

For wasting of the liuer.

¶ Take Water-cresses, Red Fennell, and Sorrell, with a Chicken in a pot nine dayes, and vse it.

## The Pathway to health.

Another for the heate of the liuer.

¶ Take a quart of Barlie, and put thereto a gallon of well water, and boyle them together till the Barly be as soft as any Wheate or Formentie, then straine it throught a cleane cloth, and take the same water, and put thereto as much good wooyfe, with a penny-worth of Licoris beaten, but not to powder, and take a good handfull of Flope, and a good handfull of Sage, and boyle all these together, till the one halfe thereof be waisted, then straine them againe throught another cleane cloth, and that which commeth forth, put it into a cleane vessell, and let it stand a day and a night, and drinke of the same first in the morning, and last at night when you goe to bed.

For stoppings in the liuer and the milt.

¶ Take and seeth Wart-s tongue in water or Wine, and drinke it: or if the herbe bee eaten, it is very good for the same. Also to vnstop the pypes of the liuer and of the milt, take Smal-lage and seeth the same with a like quantitie of Elder leaues, then straine it, and drinke the broth thereof.

Another for the same.

¶ If you vse to drinke the iuyce of Chiccozie, it openeth the oppilation of the liuer and milt caused of heate. Or if you take the Wine that Silios hath bene sodden in, and drinke thereof fasting, it is a very good medicine against the stopping of the Liuer, Milte, and Raines, and against the let of vyne.

Another for the same.

¶ Take and drinke the Wine that wilde Time hath bene sodden in, and you shall finde it very good against the stopping of the Liuer, Milte and Raines, and the hinderance of vyne, as hath oft been proued.

¶ Also if you take the iuyce of the hearbe called Wiltminte with Honny, and the Wine that it hath been sodden in, it is verie good to vnstop the conduit of the Milte, and the liuer & vyne.  
Against

Against the oppilation of the Liuer, the Milke, the vaine, and the bladder, vse the decoction of Cassia ligna, or the sirrop that it is made with.

To vse also the iuyce of Night-Made made in sirrop with a little Sugar, is very good for the liuer and the milke.

Also if you make sirrop of the iuyce of Fennell, and the decoction of the hearbe called Dawke, it is good against the stopping of the Liuer, and the Milke, and against the Dropsie.

For the liuer and the milke.

¶ Against the opilation of the liuer or of the milke, take Aloe Epaticke, with the iuyce of Smallage warme. Or make a decoction of the rootes of Smallage, Parslie, Fenel, Wormwoort, and Spurge, with two drammes of Mastick, and vse this two or thre times in the weeke till you be well.

Another for the liuer and the milke.

¶ Also who so vseth often to eate the hearb Cheruell, it causeth the stopping of the liuer and the milke to cease. Or if the patient take the seedes thereof and make them into powder, and after ward eyther eate or drinke of the same, it will help him.

Also if the iuyce of Woll-thistle be drunken with Wine, it is verie good for the liuer.

Also to drinke the water that Louage hath been sodden in, is likewise good for the liuer and the milke.

Also against the stopping of the liuer and milke, take the powder of Barbaries, with the iuyce of Mozrell, and drinke often of the same.

For the liuer, milke, raines, and bladder.

¶ Against the opilation of the liuer, milke, and raines, and the hinderance of vaine, take and seeth the hearbe Sermander and Canuphitis in oyle, and lay it to the place where the party is greued. Also take an electuary confect with Honny, and two parts of these hearbes, and so vse it.

## The Pathway to health.

For the liuer, the milt, and the Jaundise.

¶ Against the opilation of the liuer, milt, and Jaundise, take the iuyce of Wormwood and Sirrill, or else make them in sirrop, and vse it with warme water: also against opilation of the milt, take the iuyce of Wormwood, and the powder of Costy, it is also good for the same.

For all paynes in the milt.

¶ Take of the drinke that Gold hath beene quenched in red hote, and it helpeth the paine in the milt.

Also an oyntment made of Asla armonia, and Wax, softneth the hard milt, and it dissolueth the milke curded in the paps.

Also make iuyce with Smallage, and put thereto Dyle and Maye, and conset it into a sirrop.

Also for the Milt, take Ammoniacke and Galbane, of each of these a like much, soften them well in Vinegar and with ware, then put thereto powder of Coste and of Wormwood, and make thereof an oyntment, and vse therewith to annoynt the place against the milt, and it will help the same.

Also take Egrimonie, and eate thereof often times, and it healeth the paine of the milt.

Against the opilation of the milt or Droppie, take the Wine that Abrosiana hath beene sodden in, for beeing often times drunke, it healeth the paine of the milt comming of cold.

Also against the ache of the milt, drinke the wine that Be-tonie hath been sodden in, and it profiteth.

Also make an oyntment with the hearbe called Bears-foote beaten, and then lay it long in Dyle, and with ware make an oyntment: the leaues ought to be vsed while they be Greene.

Also the hearbe Amios, with the rootes of Ciats in wine helpeth much the paine of the milt.

Also for the milt and liuer, take the iuyce of Fennell sodden in an Apple, and take the powder thereof.

Also for the paine of the milt and liuer, take the Wine that Caperis hath been sodden in.

Also

## The Pathway to health.

42

Also for the payne of the milke and the liuer, drinke the wine that Casia ligna hath beene sodden in.

Also for the paine of the milke and liuer, take the electuarie that Diocostum hath been sodden in.

Also for the paine of the milke, vse a dramme of Cammomile in powder with Wine, forty dayes.

Also for the paine of the milke, vse to drinke the Wine that Honny-suckle hath been sodden in.

Also seeth Rue in Wine, and then straine out the iuyce, and drinke thereof, it helpeth greatly.

Also the water that the roote of Fearn hath been sodden in, is very good for the same.

Also you may vse the water or Wine that the rinde of Fenell rootes hath beene sodden in.

Also the Water or wine that the bough of an Ashe hath been sodden in, is good for this purpose.

For to soften the milke that is hard.

¶ Take the roote of the wilde Vine & stampe it with Porkes grease, then melt it on the fire, and straine it, and take meale of Linseede, and oyle, and put thereto: and thys oyntment is very good for the hardnesse of the milke and liuer, and to ripen impostumes.

Another for the same.

¶ Take the rinde of the roote of Hore-hound, and steepe the same a fortnight in Wine and Oyle, and then let it bee sodden and strained, and in the straining, put thereto water and Oyle, and make thereof an oyntment, and vse the same at your neede, for thys purpose.

For ache in the guttes and belly.

¶ Take the powder of Bugwoort, and let it be drunk with Wine and Honny, it caseth greatly the ache in the bowels, and is good against diuers other diseases. And for the paines in the guts, take a ciate of the iuyce of Clot leaues, and it wil ease the.

For

## The Pathway to health.

For paynes in the belly.

¶ Take and stampe Bugwozt, and lay it to the bellie, it helpeth the same meruailously, take also an vnce and a halfe of Martwozt, with asmuch wine, and it will likewise adwage the paine in the belly.

For the paines in the belly.

¶ Take and make an electuarie of Honny, and seeth it with water to keepe it from cleauing to, then put to the same two vnces of Vermodates, and one vnce of fennell seedes, and giue thereof to the partie so greued that hath the paine in his bellie, and it will helpe him : proued.

For the payne in the belly.

¶ Take wilde Time, and seeth the same with Wine and Oyle, and it is verie good against the paine in the belly. Also if you take the bzaine of a Hare roasted, & eate thereof, and dzink some good Wine after ward, it is good for the paine in the belly.

For the paine in the belly.

¶ Take three pynts of Palmesey, and a handfull of Dis powder, and a handfull of Commin, with a handfull of Red rose leaues dyed, a handfull of Cammomile flowers, and one dishfull of Wheate bzanne, seeth all these together, and put them in a bagge, and make it plaister wise, then lay it to the belly of the patient some what warme.

For the griping or pulling in the belly.

¶ Take halfe a pinte of Palmesie, a big roote of Turmentile, and grinde the roote into powder with a little Treacle, and make it blood warme, and so giue it to the partie to drinke. Or els take a penny pot of Palmesie, and a little Treacle, and two penny worth of Birrh, and grinde it to powder, and so put the Treacle and Birrh into the Palmesie, and make it reasonable warme, and giue it to the patient.

Another

Another for the same.

¶ Take a little quantitie of the earth that wormes cast by out of the ground, (which most commonly you shall find in some soft soote-path-waie, or els in some Garden path,) and when you haue gathered the same, mingle therewith a like quantitie of Honny, and giue the patient halfe a spoonfull in the morning, causing him to fast two howres after: this within foure mornings eating thereof, will certainlie helpe the same, as hath bene by sundry persons proued.

To breake wind in the belly, and for wringing  
in the same.

¶ Take Commin seedes, Fennell seedes, Anni-seedes bru- sed, and seeth all in Wine, and drinke thereof in the morning, at noone, and at night. Also take Pellitory and boyle it in broth, and giue the sicke thereof to drinke.

For Women that haue very great bellyes, beeing  
not with childe.

¶ Take a handfull of Rhoze, a handfull of Hearbe-grace, a handfull of Arsinert, and seeth all thes hearbes in a quarte of Ale till it come to a pynt, then preserve the same in a glasse, and giue the woman so greued, a quarter of a pynte at once, first in the morning, and last at night.

Another for the same.

¶ Take Sauerie and stampe it, and put thereto good Ale, with a little Jet & white Amber made into powder very small, and giue the woman thereof to drinke with the Sauerie: also make a plaister of Sauerie, of Rhoze, and of Leekes fryed with fresh Butter, and lay it to her bellie, and to her raines, and shee shall be whole.

For a woman that her wombe is hard.

¶ Let the partie greued, drinke the iuyce of Maybread with old Wine, and shee shall bee eased.

¶

Another



## The Pathway to health.

Another for the same.

¶ Take Cinckfoyle, that is to say fine leaved Grasse, and stampe it, and straine it with hote Spike, and giue the woman thereof to drinke, and it will helpe her.

For a swolne or aking wombe.

¶ Take the iuyce of Rue, and let the patient drinke thereof with Wine or Ale, and it will help her on warrantise. Proued. Also take Sothernwood, Tanisie, Kew, and cate the with salt, and thec shall be whole.

For to vnbinde the belly and the wombe.

¶ Take Donny and seeth it till it waxe black, and put there to powder of salt, and mingle them both together, poure it vpon an euen stone, or some other euen thing, & then beeing made an oymntment, put thereof into the parties fundament, and it will cause him to goe to strole very well.

Sundry other medicines for to vnbind the belly.

¶ Seeth the roote of Mulberry in water, and drinke thereof, and it will losen the wombe and the belly, and driue out the woymes that be rough and short.

Also you may vse a Gargarisme of Vinegar & water, where in Alla fedica hath beene sodden, it abateth the swelling of the wombe or bellie.

Also if you lay the leaues of Hollihocke very hote vpon the wombe, it helpeth the same.

Also you may vse the Wine that Rosemary and Comin hath been sodden in, against the ache of the wombe.

Also to take Peares and dresse them in your meate, comfozeth the wombe and vnbindeth the same.

For to lose the belly and wombe.

¶ Take the iuyce of the hearb called Britanica, asmuch ther, of as you thinke necessarie for the strength of the patient, and it will

will lose the wombe without any danger. Also if you take Mal-  
lowes and seeth them, and make possage of them, it loseth the  
wombe, as hath oft beene proued. Also the heads of Leeks be-  
ing sodden in the oyle of sweet Almonds, or of oyle Cockil, cal-  
led Zizanium, loseth the wombe and keepeth it moist.

Against wormes in the belly.

¶ Take and make pancake or friffures of meale, with the  
leaves of small Tapselbarbe, and eate thereof, for they are very  
good against wormes in the belly. Also the iuyce of Scabbious  
beeing drunke, is very good for the same. Also a plaister made  
of parcht Beanes, with a little Vinegar, Hints and Worme-  
wood, and layd to the nauell, is good against the wormes in the  
wombe. Likewise the iuyce of Plantaine being drunke, killeth  
wormes in the wombe. The iuyce of Hints and of Horehound  
beeing drunke, doth the same.

For wormes in the belly.

¶ Take Bettorie and Hauine, and dry the, and make pou-  
der of them, and let the patient drinke thereof in hote water, and  
as soone as the powder is in the belly, it will kill the wormes and  
bring them out on warrantise. Proued.

Another for the same.

Take Sengraene, Fetherfoe, and Hints, stampe them and  
drinke the iuyce thereof in warme Wine, and it will kill the  
wormes, and bring them out.

For wormes in the belly.

¶ Against wormes in the belly, take Garlick, Pepper, a lit-  
tle Parsly, and the iuyce of Hints, make of them sauce, and wet  
your bread therein. Also for wormes in the belly, make Pilles  
of Galbanum, and annoynt them with Honny, and vse thereof.  
Also for the wormes in the belly, take Armonack made in pou-  
der, with the iuyce of Wormewood and Arsmert, and it will  
helpe the same.

## The Pathway to health.

Against the Fluxe of the belly.

¶ Take small Keysons, and vse to cate of them often with your meate, it taketh away the belching, and helpeth greatly to stop the fluxe in the belly.

Also for the fluxe in the bellie, let the patient take the roote of Turmentile and stampe it and straine out the iuyce thereof, and drinke thereof warme, with the Water of Plantaine, and it will helpe him.

Also, if the partie graued take the rootes or beards of Lokes dyed on a hote Lyle-stone, and receiue the smoake thereof beneath, it is good for to close the fluxe of the belly.

Also the iuyce of the crops of Wyers taken with a glister, is very good for the same purpose.

Also the iuyce of Sloes giuen to the patient to drinke in wine, helpeth the paine thereof.

The powder of fine leaued Grassie, beeing put into the iuyce of Plantaine, and giuen vnto the patient to drinke thereof fasting, stoppeth the fluxe in the belly.

A verie good experiment to stop the fluxe  
of the belly.

¶ Take the rootes of Fearn, Roses, wild Crestes, Figge-tree leaues, and flowers of Camomile, of each a like much, and beate them together, and seeth them in raine water til the halfe be wasted, and then receiue the smoake thereof beneath, and wash your feete also in the same water.

For wormes in little chylidren.

¶ Take the hearbe called Rodalia, and stampe it, and make a plaister thereof, and lay it to the childes belly, and it will helpe the same. Prooued.

For the wormes in childrens bellies.

¶ Take a penny-worth of Aloes siccatrina, and as much of Colla curtadia, and make them both in fine powder, and boyle these

these two powders on the fire with halfe a pounce of sweet Butter, and so presse the child three or foure times ouer the stomack and the belly, against a good fire, but remember first to straine this medicine through a fine cloth after it is boyled, and the vse the same in manner as is afore-said.

A drinke for wormes in chyl dren.

¶ Take of Wheate flower as much as will couer a French crowne heaped three times, and put it into a goblet, then take of faire water almost a pint, and sette it to the fire and let it seeth, and scumme it verie cleane, then take of Penidid two ounces in powder, and put it into the water, and let it boyle well, then take the same from the fire, and poure thereof in the flower, and stirre it alwaies in the pouring, that it may be as thick as milk, and no thinner, then giue the partie to drinke thereof warme, a good draught at a time.

A playster for wormes in chyl dren.

¶ Take of Aloes siccatura, the quantitie of two Beanes beaten into verie small powder, and put it into a spoone, with as much of the iuyce of Mozmelwood as will make the same moist like vnto a salve, then take a peece of red Leather, as much in breadth as your three fingers, and sincere the oymntment thereon, then warme it a little, and lay it vpon the nauell, and binde it fast, letting it lye there vnremoued the space of three dayes, and then take it away, for it will helpe the child on warrantise, as hath oft been proued.

For a stich in a mans side.

¶ Take a reasonable peece of white leaunened Breade, and soft the same on both sides, and then spread it on the one side with the best Treacle you can get, and couer it with a fine linnen cloth, and so lay it warme to the soze side where the payne is, and it will helpe you God willing. Thys medicine cost five pound the learning.

## The Pathway to health.

Another for the same.

¶ Take Dates, and fry them with Vinegar, then put them in a cloth, and lay them verie hote to the parties side, and it will helpe the Stitch. Proued.

For broken sides.

¶ Take and stampe the rootes of Pallowes, and put there to the blood of a Goate, and frie it together, and lay it hote to the side, renue it but once in thre dayes.

For sore sides within or without.

¶ Take Alisanders, Parsly, Louage, Red-fennell, Smal-lage, Burnet, and Cromell, and seeth them in white Wine till the one halfe be consumed or waisted, then straine it, and let the patient drinke thereof first and last, in the euening colde, and in the morning hote.

An oyntment for sore sides.

¶ Take a handfull of Pallowes, a handfull of Circumsell, a handfull of Sowthistle, as much of Nightshade, a quantity of Maruaine and Dill, these hearbs must be stamped as small as may bee, and tempered well with May butter or Sheepes suet ouer the fire, and so make it an oyntment, and annoynt the bodie or side that is stiffe by the fire, the oftner the better : proued.

For the Impostume in a mans side.

¶ Take Wormewood, Mint, Calamint, hearbe Bennet, Pallowes, Cheruell, Sage, Rosemary flowers, pounce them together, and put thereto Commin, and crummes of leaured Bread, and boyle them in Wine or pisse, and make a plaister thereof, and lay it to the side.

For the Impostume in the sides.

¶ Take Rue and drinke it often-times. Also stampe Figs with oyle Oliue, or with greace, and plaister it to the loze side.

Another

Another for the same.

¶ Take the iuyce of Scabious, and halfe a pounce of the powder of Corall, and mingle them together, and drinke thereof, a good draught, and it shall breake the impostume of the side.

Another for the same.

¶ Take March Radish, Rue, Wormwood, Centory, Sauiue, stampe all these together, and drinke it fasting, and thou shalt breake the impostume inwardly, and auoyd it outwardly.

For ache in the side or ribbes.

¶ Take and annoynt the sides and ribbes with the iuyce of Knotgrasse, and with the oyle of Roses, and it will helpe them.

For ache vnder the sides.

¶ Drinke Sage with Wine a little warmed, and it will ease the ache vnder the sides, and of the wombe, and it is good for the Dropsie, or the Palsie. Also Cheruile drunk with wine, easeth greatly the paine in the sides.

For all diseases in the sides.

¶ Take Woods, and make balles thereof beeing sodden, and grinde them to powder, and brew them in a newe earthen pot, and after that gather them together with Honey, and smere them well together, and make a plaister for the soze side.

For womens sides that be sore.

¶ Take Bilwate, Alisander, Parsly, Louage, red Fennell, Radish, Enula campana, and seeth all these hearbs together in white Wine, from a pottle to a quart, and let the patient drinke thereof morning and euening, till the paine be gone.

For the pluresie, and for such as are vsed to be let blood,  
to saue them from letting of blood, and to  
dissolue all ill blood.

¶ Take Rye-bread, and cut it in small thinners, & set it in the wind for to drye, and when ye shall be pained with the Splene,  
put

## The Pathway to health.

put the Bread in the strongest Vinegar that you can get, and let it steepe therein foure howers, till it is well soaked, then sette it on the fire and seeth it together, and make a plaister therof, and lay it on the side wher eas the greefe is, as hote as the party may suffer it, and it shall dissolue ill blood, and take away the paine in their ordure: thys hath bene proued for the Plurisie.

A notable plaister for the Plurisie.

¶ Take the rootes of wilde Gallowes, the greace of a hog, the greace of a fcre, and of a Goose or a Ducke, of each a like much, but not aboue an ounce of eyther: of fresh Butter, halfe an vnce, of Terrebantium halfe an vnce, of the fatte of Beale fire drammes, of the oyle of Dyll halfe an vnce, of the mary of a Deere, halfe an vnce, the powder of the seedes of flaxe, Vinegar and Bay berries, of each three drammes, and eyght figs, beate all in a morter, then put all in a pan, putting flaxe therein to binde it together, and stirre it with a stick vpon the coales, then take the whole, or part thereof, and spread it vppon Leather, and couer it with silke, and bast it with thread like a quilt, and so apply the plaister to the place so greeced, as close as may be: and by Gods grace you shall find great ease. Proued.

For the ache in a mans back.

¶ Take Burre rootes, and make them cleane, and stampe them, and temper them with skale Ale, and boyle it well, and straine it, & drinke thereof in the morning cold, & at night hote.

For the paines in the back of either man or woman.

¶ Take Mallwoxt and seeth it, and presse out the Masse, and lay it in a morter, then fry it with Shepes tallow, & put thereto cleane bran, and plaister it to the backe either of man or woman, and it shall helpe them by Gods grace.

For the raines of the backe.

¶ Take two newe layd Eggs, and put away the white, and fill the shell with the iuyce of Clarie, beate it well and straine



## The Pathway to health.

47

it, and stir well the yolkes and the iuce together, euer a few  
coles for the time it is boyling, and then take one and eat it, and  
use this nine dayes fasting and it shall strength your raines, and  
comfort nature, although the Patient be right feeble, it hath  
beene pꝛocured.

For a sore back.

¶ Take Mallowes and seeth them in faire water, and lay  
it vpon a red cloth to the soze as hot as ye may suffer it.

Another for the same.

¶ Take kernels of Hasell nuts, and the dung of the house  
Pidgion, and Bay butter, stampe them together, and it shall  
make any soze for to bꝛeake and to heale, and for the great paine  
in the back: often pꝛoued.

For the raines of the back.

¶ Take two gallons of strong piss, and still it, and take a  
handfull of sappy Sage and Hemlocks, Mallows, Rue, Egri-  
mony, Scabious, and still all these together to a pint, and when  
it is stilled put therto foure spoonfulls of oyle Oliue: this is made  
pꝛincipally for the raines of the back.

For the raines a good drinke.

¶ Take the iuce of Betony, of Wine an vnce, and of the  
Betony a spoonfull, and the powder of Pepper, mingle these to-  
gether, and drinke it for thre dayes fasting.

For the wasting of the kidneyes, and for paines  
of the back.

¶ Take a handfull of Plantain, a handfull of Parsly, a hand-  
full of Betony, a handfull of water Betony, a handfull of Ro-  
rell, a dosen crops of Rosemary, seeth these in thre pints of Ale,  
till it be wasted, and strain them, and put therto a pint of Sack,  
and a good peece of Sugar, and burne it well together, and so  
giue it to the party all hot euening and morning: pꝛoued.

R.

For

## The Pathway to health.

For the whites or the running in the raines.

¶ Take white washed Turpentine, and make it up in balls like Pills, then take Cinamon, & Ginger, and rowle the balls in it, and take them as you would doe Pills morning and evening. Prooued.

For the whites.

¶ For the whites or weaknes in the back: take an earthen vessel, and put it in a quart pot of faire water wherein you must quench two or three gads of scale being red hot, then steep therein an ounce of Lettice seeds sower, and twenty houres, then strain the same, and seeth it halfe away, and scum it very cleane, and kepe it in a covered cup, and drinke this morning and evening with powder of Ruoz.

Another for the same.

¶ Take Archangell and seeth it in drinke, and drinke it morning and evening, it is very good, the red for the woman, and the white for the man.

For all manner of aches in the back.

¶ Take Egrimony, Bugwort, both the leaues and rotes, and stamp them with Swines greace and Vineger, and seethe them, and lay it to the back.

Another for the same.

¶ Take a good quantity of Veniriall, and put thereto Vineger, and oyle Olive that is greene, and lay it to thy backe plaiſter wise.

For him that hath lost his complexion from the back.

¶ Take Linseed and stamp it smal, and temper it with Goats milk, and straine it all warme, and drinke it three or foure times fasting, and thy complexion will come againe.

For

For the paines in the back.

¶ Take Vnguentum rosarum, and chafe your backe morning and evening, and lay to this plaister following: take ffeetherfoe, Tanisie, Youghcke, of each a handfull shreeded and stamped fine, then fry them well together with a saucer full of hony, and two vnces of Bees dung, of the newest you can get, when it is thick like a plaister, put it in the end of a small leue, and so lay it to your back all warme.

For all manner of ache in the back.

¶ Take Smallage, Cgrimony, Houscarse, and stamp them all together, but wash them well first, and temper them with Ginger, and fry them well in Bees greace, and make a plaister, and as soone as the sick may suffer, lay it on the ache, and he shall haue ease.

Another for the same.

¶ Take Lilly rootes, Camomell, Anniseedes, and stampe them all together, and fry them in Bees greace, and put a little Wine thereto, and in manner of a plaister lay it on a cloth, and bind it fast to the backe or raines all hot, and after three or foure daies remoue it, with renewing of the plaister thereto, with more fresh.

For the running of the raines.

¶ Take Pellitory of the wall and stampe it and straine it, and drinke it with Helmsie or white Wine or Ale, and do this often till that thou be all whole. Also if the Patient make a Tanisie of Clary, and eate thereof, is very good for the same disease: as hath bene proued.

For womens termes.

¶ Take Helondine and let a woman put it in her hose vnder the soles of her fete, and it will help her.

## The Pathway to health.

Also Pollet leaues, and the red flowers of Hollihocks is very good for this purpose.

Also the great leaues of Burres being sodden in Strong Ale, and the same afterward drunk, is very good.

For wasting of nature.

¶ Take a pint of Ralmie, and put thereto a peny worth of Cinamon and another of cleane Hacc, and boyle them ouer the fier with Wine, but first make powder of your spices, then take Treacle as much as a Damson, and put thereto, and stir altogether, and let the sick drinke therof hot at all times, and it shall auoide all fleame and wind in the interior parts of man to restore his nature : pꝛoued.

For all Impostumes in the body.

¶ Take Centory, Rosemary, Clozewood, Horehound, and make it in sirop with white Wine, and let the sick take therof, and it shall cause the Impostume to goe downe, and when it is broken : let him vse to drinke of the same sirop warme.

For to destroy all Impostumes either in man or woman.

¶ Take the root of Hollihock, and wash it cleane, and saith it till it be tender, and then put the water into a vessell, and then take Linseed and Fenegreke, of each of them a like much, and see that thou haue as much of them two as the root that is sodden, then saith them in the same water till it rope as it were Birdlime, then stamp the root and doo thereto Barly meale, and mingle them well together, and fry them with Bores grease, and lay it to the soze, plaister wise, as hote as you may suffer it, and within nine daies ye shall be whole. Also take Turmentile, and let the Patient drinke often of the iuice therof, and it shall cure him : pꝛoued.

An experiment to take away the mother.

¶ Take a great deale of Bugwort, and as you gather it, shue the leaues downward, then wash them cleane, and boyle them

## 49

### Another medicine for the mother.

**A drink for the pain of the mother.**

**A most excellent medicine for the mother, the  
chollick and stone.**

Another for the mother.

¶ Take Bugwort, and herb Sunonde, Saudy, and red  
spints, and siraine all these iuyces with red wine, and giue it  
to the woman that is pained with the mother to drinke.

an order to drink marriage wine 3 times. A  
 take the roots of garden mallowe or fl. venting 3 or 4 roots mallowe  
 & steep it in Rhenish wine it in honey & drink 3 times a day  
 this a good order for cold fluxes & tumors of the womb & cold  
 white & black root turned into a powder & made of a quart of ale & a quart  
 of Rhenish wine & all 3 are to be used for the same. good.

## The Pathway to health.

A good medicine for the mother comming of what  
cause so euer.

¶ Take the rasling of Tury, and the rasling of an Hartes  
borne, with the haire of a Hare dyed, and made in powder,  
and as much of Beates clauwes burnt, and poudered if they may  
be gotten, or in stead therof, Shapies clauwes: take all these and  
ble to eat of them in your pottage, or otherwise in your drinks.

For the genitories.

¶ For the paine and swelling of the genitories, seethe well  
the root of Bzuse, and make a plaister therof, and put setwet to it  
and bind it fast therto with a band, and it will cease the paine,  
and swelling of the cods.

For the swelling of the cods.

¶ For them that haue swolne cods with sicame, so that they  
shine, stampe Doues-foote with small greene Lettice, and lay it  
plaister-wise thereto.

Another for the same.

¶ Take Barly meale, and Honey, and fry them together,  
and make a plaister thereof, and let the party so greued lay it  
warme to the grexe of the cods.

For swelling of a mans cods.

¶ Take Rue, and Wormwood, and stampe them together,  
and put therto hony, and make therof a cold plaister, and lay all  
about the cod, and when you will take the plaister away, then  
wash the cod with Vineger, and he shall be whole.

For a man that is brused, or that his cods be sore.

¶ Take the woll of a blacke Raris cod, and put that woll  
into oyle, and powder of Comin, and heate it hote, and therof  
make a plaister, and as hote as the party can suffer it, lay it to  
his cods, and it will doe away the aking, and make it whole  
within thre or foure times dressing therewith.

For

For swelling of the cods.

¶ Take Rose leaues, Rose-water, red Wine, Camomell, or Camomell flowers, and Beane flower, let them boyle together, and make a plaister of it, and lay it to the cods as hote as he may suffer it.

Another for the same.

¶ Take the iuice of Wallwort, Vineger, and Hency, put therto Barly flower, and seeth them till they be thick, and bind it to the soze all hot,

For a mans yard that is scalded.

¶ Take Buse, Wort, Geruaine, hearb Robert, Pimpernell, of each of all these a good quantity, and most of all of Pimpernell, stamp them all together as small as you may, then fry them with Butter, and straine it through a cloth, and put it in a bore, and therewith annoynt your yard cold, and of these hearbs make a plaister, then lay it all about the yard cold, dressing it euery day two or thre times a day.

For a mans yard that is burne.

¶ Take a linnen cloth and burne it to powder, and take oyle of Eggs, and annoynt the soze, and fill the greafe with the sayd powder. Also for a mans yard that is soze, and full of holes: take a good company of Daises, and stampe them, and change them often. Also take Linseed and burne it, and make powder therof, and doo it in a cloth, and lay it to the soze.

For a fore in a mans yard.

¶ Take Swinismore, Hocke leaues, Ambrose leaues, Geruaine, Peritoroy, Cherfalle, Hallsick, bruse these hearbs together in a mortar, and mingle them together with Hallsick, and Swines greace, and oyle Oliue, and boyle them, and straine it through a cloth, and with this Unguent annoynt the soze yard so greued.

For



## The Pathway to health.

For the swelling of a mans yard.

¶ Take Leekes and bzay them in a moxter, and fry them in fresh greace of a Boze, and make a plaister, then lay it all about the yard, and it shall allwage and heale it : pꝛoued.

Another for the same.

¶ Take Clay and beate it to powder, and sift it, and take wine Vineger, and seethe them together, and make a plaister therof, and it will take away the swelling therof.

For paine in the bladder.

¶ Take foure dzams of Betony, and foure rootes of Smal- lage sodden in water, but first seethe the rootes till the water be halfe wasted, then seeth the Betony therin, and dzink therof.

A decoction for to drinke with Wine, for them that make bloody water by fracture of any vaine within the body, as in the lyuer, raines, and bladder.

¶ Take of Knotgrasse, Bursa pastoris of each a handfull, the cups of Acesnes, of Camphire one leafe, of Cinamon a dzam waight, of Licoris cleane scraped and sliced, one dzam waight, of water a quart, of Sugar two tnces, all this must boyle to the consumption of the third part, and then let it run through a faire cloth into a clean vessell, and when it is cold put it into a glasse, and in your dzink vse therof, eyther in Ale or Beere, and it shall ease the bladder of payne.

For him that pisseth blood.

¶ Take Ambrose, Bursa pastoris, Parsly seede, stamp them, and temper them with Goats milke, and giue the party to dzink, and it will quickly help him.

For a man that pisseth blood.

¶ Take of the earth that is on the Swallowes nest, and put it into hot water, and giue the sick foꝝ to dzink, and the bleeding shall staunch within a while.

For

For a man that may not hold his water.

¶ Take the clawes of a Goate, and burne them in the fier, and make therof powder, and let the sicke use of this powder in pottage a spoonfull at once, and he shall be whole.

For a man that may not pisse.

¶ Take Hallowes, a good quantity of Gremell, and sethe them in Vineger a good while, and then let the sick drinke therof warme: and he shall pisse soone after.

Another for the same.

¶ Take Lanberd, and make powder therof, and then let the sicke drinke therof with white Wine, and he shall quickly pisse, for this medicine hath been proued.

For a hard womb, and for to pisse.

¶ Take Parsly seede, Arche, and Spurge, of euery of them foure vnces: stamp them to powder, and put it either into wine or water, and drinke it morning and euening.

For to make a man to pisse well.

¶ Take Peritozy, stamp it, and fry it, and lay it all hot to a mans yard. Also make a plaister of the flower of Cockle, and water, and so lay it to the sicks yard. Also Linsede being sodden well in hony, and applyed to the place, causeth the man to pisse well. Prooued.

For a woman that may not hold her water.

¶ For a woman that may not keepe her water, take Egri-mony, and Salt, and stampe them together very small, then seth it in olde Wine, untill the third part thereof be consumed, and then giue her thereof to drinke.

For a man or woman that may not well pisse.

¶ Take Galbanum, and lay it to the end of a mans yard, and for a woman lay it to her nauell, and being thus applyed, it will help eyther man or woman.

Q.

Another

## The Pathway to health.

Another for the same.

¶ Take a few of the crops of red Nettles, Sheeps fallow, Senon of a house top, and fry it well together, and as hot as the man may suffer it, lay it to his yard, and for the woman lay it on her nauell all hot: proued.

For one that may not well pisse.

¶ Take a quart of white Wine, and a good peece of stone Pitch, Aniseeds, Parsly seeds, and a peece of Sugar, let it sath from a quart to a pint, and drinke it warme eueing and morning: and it shall help the party so greued.

For straightnes of pissing.

¶ Take and seethe Camomell in wine or water, and oftentimes drinke thereof, it easeth and profiteth greatly for the stopping of the milt, and of the lyuer. Proued.

Another for the same.

¶ Take the leaues of Stamarch, or Alisander, and put them on a Tyle-stone beeing warme, and lay it all hote to the priuite members, and it will raise the straightnes of the pissing, and abate the paine therewithall: proued.

For Gomora passio.

¶ Gomora passio is flowing of a mans seed against his will, and cometh of diuers causes, eyther for feblenes of the reins, or of plenty of blood, or of a palsie in man: this passion is perriuous, for it maketh a man or woman vnlusty, and their toynts as soze as a man that is wery with trauailing, and hath no will vnto a woman.

Take the seed of Lettice, and make it in powder, and drinke it with water, for it stoppeth the flure of kind, that passeth forth in the Patients water against his will.

Also the powder of Pintes dyled in an Duen, best restozeth kind, and restrayneth the errours of the flur.

Also

## The Pathway to health.

52

Also Castorium boyled in the iuice of Agnus castus that is cal-  
led Tuffon, and being drunk is good for the passion.

Also Amber orientall is a precious thing, and Caldo plaiste,  
red and layd on the raines of the back.

Also temper the powder of Camphire with Pusillage or Her-  
iuice, or the iuice of Poprell, and therewith annoynt clothes,  
and lay to the yard.

For all euils in the bladder.

¶ Take Ach, Parsly, Fenell, and Pimpernell, all by euen  
portions, bray them together, and temper it with warme wa-  
ter, and drinke it, for it will make the euils to passe, and for to  
cast out the stone that is in the bladder: proued.

Another for the same.

¶ Take Poprets that neuer was set, root and all, bray them,  
and temper them with Wine, or with stale Ale, and sethe it  
from a pottell to a quart, and take of the powder of Philopendu-  
la an vnce, and vse this nine dayes till thou feele thy selfe eased,  
and this God willing will help you.

For a priuy malady that a man taketh of  
a woman.

¶ Take a dead mans bones, and burne them, and make  
powder of them, and lay the powder on the haire, and thou shalt  
be whole by Gods grace.

Also if a mans flesh rise too much let him drinke often Heruain,  
and his flesh shall not rise, nor he shall haue any liking vnto a  
woman. Proued.

A water for a canker in the nature of a woman, or in the  
yard of a man.

¶ Take an vnce of roch Allom, and halfe an vnce of Herdi-  
greace, and put therein Smithes water into a glasse, and let  
them boyle for the space of two houres, and wash the soze place  
therewith.

## The Pathway to health.

To prouoke flowers in women.

¶ To prouoke the flowers in women, make a Fomentation of the decoction of the hearb called Tutten, and of the hearb called Centrum Galli.

Also take a gum that is called Serapini, and mingle it with powder of Centoꝝ, and lay it to the nauell.

Also let the woman bath her selfe in the water that Camomel hath ben sodden in, and it will help her.

Also take the iuice of Marigolds drunke or eaten with a rare Egge, and Heale made in fritters doth the like.

Also to cause the flowers to slowe in women: take the iuice of Pettles, and her vyne, and put it in the matrice.

Also make a fume or smoake of Scroax calamita vpon coales, and let the woman receiue the smoke with a Fonnell.

Also Wine mingled with the powder of Birch and Sothern-wood causeth the flowers to slowe in women.

For the excessive flowing of womens flowers.

¶ The woman that is troubled herewith, must be bathed with the water that the hearb called Melodip is sodden in, and it will help her.

Another for the same.

¶ Take and make a Suppositoꝝ of the powder of Bole armoniacke, and the powder of Sumac. of Pastick, and the iuice of Planten, and put it into the conduit.

Another for the same.

¶ Daken leaues eaten, stoppeth the lungs, and excessive flux in women, and chesly the water drunke that the muddle rind is sodden in, or the party therewith bathed.

Also to stop the flowers that flow abundantly: take and sixth fine leaued Grasse with raine water, and so let the party bathe her selfe therewith.

For

For a woman that is in trauell with child.

¶ Take Lake blades and scald them in hot water, and bind them to her navel as hot as she may suffer it, and it will doe out the dead child, and when the child is forth, say three times Quicunque vult over the woman, and she shall be safe.

For sicknes that causeth a woman that she may not conceive with child.

¶ Take a Harts hozne and burne it to powder, and then take Goats milke, and set it over the fire, then cast of the powder afoze said, a quantity into the milke, and drinke it off as hot as she may suffer it, and this will ease her of her paine.

To make a woman soone to conceive with child.

¶ Take the wine that Rop hath been sodden in, till the third part thereof be consumed, and give it to the woman to drinke fasting, for three dayes together, and shee shall soone conceiue with child. Prooued.

Also Ipocras saith, that a woman being conceiued with a man childe is ruddy, and her right side is cozny about, but if she be conceiued with a maid child, shee is blacke, and her left pay is cozny about.

For a woman in trauell of child.

¶ For the after throwes of a woman if it be the first childe, take the house or bed that the child was in when it came out of the Mothers womb, and wash that bed faire and cleane, and then cast away that water, and then take faire water, and therewith sethe the house of the child, and let it sethe a great while, then take it out of the water, and bury it where you will, and the woman a quantity of that water to drinke that it was sodden in, and she shall neuer haue the after throwes againe.

A powder for women labouring with child.

¶ Take Betony and make it in fine powder, and giue the party thereof to drinke, and it will cause her to haue good deliuerance quickly.

## The Pathway to health.

For the whites in women.

¶ Take Galbanum an ounce, Mastick two peny worth, Calingall one ounce, Cinamon two ounces, Calamus aromaticus three ounces, Cucubes two ounces, long Pepper two peny worth, white Pepper two peny worth, beat all these together in a mortar, with a quarter and a halfe of white Sugar, and let it be fine powdered, and let the Patient take it in the morning in warme posset Ale clarified, and one peny worth of Paces boiled in the Ale, and at none in her broth, and at night with a little boyled milk, the waight of a dram at a time.

To bring down womens flowers.

¶ Take a spoonfull of the iuice of Rop, and a spoonfull of the iuice of Germaunder and Sothernwood, in like manner take the wild Tansy, and wild Time, and boile them in white wine, and giue the Patient for to drinke till she be whole.

For to make a woman to conceiue a child  
speedily.

¶ Take Time, and make oyle of the crops and bzaunches, and it is good to anoynt the woman about the nauell, the womb and the raines, that is to comfort her, and to make her conceiue with child quickly. Also to restore nature, take Permaceti and Burras, and grind them together, and giue it her to drinke in Wine, or Ale.

For to make a womans paps small, that be  
great.

¶ Take the seeds of Hemlocks, and seeth them in Vineger, and annoynt oftentimes the breast and papps, and mingle the powder of Incence there-withall.

A medicine for paps that run, and be sore.

¶ Take Sozrell debays, lap it in Mwort leaues, and put it in the embers halfe an houre, then stampe it as small as you  
may,



## The Pathway to health.

54

may, and do thereto Honey, and Vineger, and mingle them together, and do it in a bore, first lay a plaister of Carlicke vpon the soze, so boyle it in Vineger three or foure times, and it shall cease the running thereof.

For a woman that is troubled after her trauell with loosenes of her priuy parts.

¶ Take a quantity of Venice Turpentine, and rell it in Sugar, and giue it to her, and cause her to swallow it downe, not chelwing it at all. After that, cause an Aleberg to be made for her, and put into it the powder of Camphire, and giue it to her to eate, and the Turpentine shall cleanse, and the Camphire shall close: your Camphire must be dyed in the shadow, so that the wind and Sunne do not come to it: proued.

For to deliuer a dead child forth of the Mother.

¶ To deliuer a dead child, seeth this root of Aristologia longa in Wine and Oyle, and make therewith a Fomentation. Also to deliuer a dead child out of the Mothers womb, and the web that is in the woman, make an Injection or Pestaire of the iuice of this hearb Pittany, and mingle the powder of the root therewith. Also make a plaister of Hollihocks, with a little Salt and Ose greace, and lay it to the matrice.

For a mans fundament that goeth out.

¶ Take the red Pettie crops, and bray them small in a mortar, and do them in an earthen pot, and do thereto a good portion of white Wine, and seeth them well together to the halfe, and giue therof to the sick to drinke first and last warme, and lay the substance of the hearb to the fundament, as hot as he may suffer it, till he be whole.

*red wine with a sponge in a warme bath of hyonic raised out a good deal to the fundament.* Another for the same. *the same for the same in a bath of hyonic.*

¶ Take Marsh and drinke the iuice, and lay a plaister thereto for that disease. Also against the paine of the fundament, or of the matrice, and of the bowels, seeth the leanes of Hollihock in

*a strong plantain of melon with a little for the water, 2. Coopers the mullein leaves with a little water for the water, a mullein of hyonic with a little of the same, or plaster of hyonic and very good for the fundament in a bath of hyonic with a little of the same.*



For the Pyles and Emerodes.

¶ Take Muske Shelles and burne them in the fire, and then take the white of them and make it in fine powder, and put in a little English Honny, and temper them together, then lay it vp on a little linnen cloth, and so lay it vpon the soze Piles.

To stanch the bleeding of the Pyles.

¶ Dinke the iuyce of Gillsople, and it will helpe you. Proved. Or the powder of burn. Farlicke, and the Piles shall die. Also take blacke Wooll & black Sops, and binde it to the piles, and it will helpe you.

To destroy the Pyles.

¶ Take oyle of Roses, Frankensence & Honny, and make an oymnt of them, and put it in with thy finger into the fundament, and put Pirrh vnto the same, and vse often to annoynt the fundament therewith, and let the fume thereof goe vp into the fundament.

For pyles that doe greue a man or woman.

¶ Take the redbest and the newest Tarre that you can get, and make it in a plaister vpo a new Lockeram cloth, and make bolsters of some other thing, and so put two tapes to euerie corner to tye about the patient, and once a day dress the same with cleane clothes.

Another for the Pyles.

¶ Take a great Dryon, and cut out the coze thereof, and fill it full of Sugar, and stoppe the hole againe, and wzappe it in a browne paper, and binde it fast with a pack thred, and roste it as you would roste a Warden: and when it is rosted, open it, and lay it to the soze place as hote as the partie may suffer it.

Another for the pyles.

¶ Take the rootes of Werneine, and the rootes of the Bur, and stampe them & seeth them, and so lay the hote to the place,  
P. but

## The Pathway to health.

but first take a little fire, and on the same put powder of Frankensence, and let the heate goe vp into the soze.

### For the Piles.

¶ Take Pollet leaues, and saeth them in faire water till they be soft, then take Bay butter, and make an oymntment of the same, then vse thereof for the Piles, for it is a Medicine verie well and often proued.

### For the Emerods.

Take Ynde Sope, and make a plaister thereof, and lay it to the pyles or emerods, or to the Fistula, till such time as they do fall awaie of themselves.

### For the Emerods.

¶ Take newe Milke, and a little fine flower, and saeth them together, and make a plaister of the same, and burne an Oyster shell, and make it into powder, then strewe it thicke vpon the plaister, and as hote as yee may lay it to the place. Also let the partie that hath them, blowe his nose vpon a cloth, and strewe Soote vpon the same, and as hote as he may suffer it, lay it to the place, and it will helpe the same.

### For the emerods.

¶ The Emerods be fine vaines that come to the fundamēt, that voideth mellanchollie blood, & may not be stopped to saue, it is good for this disease to blade in the liuer vaine on the arme, and vnder the ancle, and let him drinke morning & euening the iuyce of Gilfoyle, mingled with warme Wine, and plaister the hearbe to the fundamēt: if the matter be plentiful, then hee must be purged befoze that yee close vp all, for feare of a Drop-sie or a breaking out. Also take the roote of Fleunny, and make powder of it, and take the yolke of an Egge, and wheat meale, and mingle the powder and them together, then fry them well with greace or oyle, and vse the same nine or tenne times, and the partie shall be whole.

For

For the Emerodes.

¶ Take the crops of Elders and stampe them, and lay them to the place. Also Leekes & salt is good, and if they rise againe, lay them to againe. Also take the roote of wilde Pellitory, and grinde it, and put thereto the powder of Arsenick, and lay it to the place. proued. Also Vinegar, Allom, and Deeres suet, of each a like much being boyled together, is verie good.

For the paine of the emerods.

¶ Take Houslecke and Sheepes dunge, and stampe them both together in a mortar verie small, then take of sheepes suet and chop it very small, and put it in a panne, and let it seeth vpon the fire, then put in the Houslecke, and the sheeps dunge, and boyle all together, and when it is well berled, take it off, and straine it through a linnen cloth into a deepe disse, and then annoynt the patient therewith, as hote as hee may well endure, this hath been proued.

For the Emerodes.

¶ Take a stoole with a sarge, & let it be closed to the ground, and then take a panne with Charcole, and set it vnder the stoole, and as hote as may be suffered sit thereon, then take Frankensence beaten into powder, and cast a good quantitie thereof into the fire, and sit on the stoole as close as you can, and when the smoke is gone, cast in more powder in the fire, and sitte thereon in this order as long as ye may.

Another for the same.

¶ Take an Onyon, and cutte away the top, of a reasonable breadth, then pull out the hart thereof, and take powder of pepper and put therein a good quantitie, and set on the top againe, and take a great linnen cloth, and wet it in water, and wringe it well with your hand, and wrap the Onyon therein, and lay it in the fire till it be soft, and then take it out, and put it in another cloth, and lay it as hote as may bee suffered to your fundament,

## The Pathway to health.

and when it is colde lay another on the place, and so haue alwaies readie fire oꝝ fire to serue your turne, oꝝ as manie as you thinke needfull.

Another for the same.

¶ Take an Egge and rost it harde, and lay it to the fundament, and when it is colde, take another, as you did by the Dynions: and if you put Verdegreace in your Dynions, some think it better then Pepper, likewise, you may cut the Egges in the midst, and take out the yolkes, and put in Verdegreace, and so lay them to the soze.

Another for the same.

¶ Take Peates-foote Oyle, and a little Harts-suet, and annoynt the soze well therewith, and then take a Tyle-stone, and heate it in the fire as hote as ye may well sitte thereon, and if you haue no Tyle-stone, then take a skole and heate it verie hote, and so sitte thereon: and if the place bleede, take a quantitie of Bole armoniack and asmuch of the Harts-suet, and so vse them both together.

Another for the same.

¶ Take the gumme that cometh of the Iuie tree, and annoynt the soze well therewith, and take a Tyle-stone oꝝ a skole as I said befoze, & sit vpon the same verie hote: but if you bleed, take a good quantitie of Housleaze, and a little Wetony, & stamp them together, and drinke the iuyce thereof with a little stale Ale, first, three oꝝ foure mornings together, & last at night when you goe to bed.

Another for the emerods, proued.

¶ First take a good quantitie of Shoomakers peeres, and burne them on a Tyle-stone verie small, so that powder may be made thereof, then take a little quantitie of Allom, and burne it likewise, and make powder thereof, then mire them together, and put therunto the liquoz of a Swines-gall, and if it happen that



## The Pathway to health.

57.

that the Swines-gall be dyed vyppē by reason of long keeping, then lay it in faire water all night, and it will returne againe into a ruddy collour: if you can get no Swines-gall, then take a little of the Oyle that Coriours ble, to dresse their Leather, and mixe it with your powder, so that it may be somewhat thick like a plaster, and if you thinke it smart too much, take more li- quor, and lesse Allom, and if you thinke it bite not sore enough, then put more Allom thercto: and when this medicine is thus made, annoynt the sore therewith: and if there bee any pappes coming out of the Well when the sore is annoynted, take a peece of the skinne of the gall, and lay the inner side of the skyn upon the paps, and it shall ease them greatlie: but if the sore be within the Well, take and annoynt it within with your finger as farre as you can, and it will helpe the same.

For to destroy the emeralds.

¶ Take olde shoocs and burne them to powder, then take a saucerfull of Hennis, and then take asmuch oyle Olive that is olde, and temper them till they be thicke, and lay this medicine, to the soze place, either for the Piles or Emerods.

For the emeralodes.

¶ Take redde Woads, and seeth them in a pot, then take the pot, and set the same vnder a close Chayze, and sitte ouer it, and wrap your clothes so close that no ayze come forth, and sit so still till it waxe colde, then take of the same liquoz and there-with annoynt the partie. Also take a plate of Lead, and rub thereon a quantitie of Boies greace for a man, and Swines greace for a woman, and wash it out with white Wine, and annoynt the Emerods, and it will heale the same.

For all cuill in the flanks.

¶ Take nine Bay leaves and dry them, and make them into powder, and mingle them with what liquoz you will, and drinke thereof evening and morning.

for bony, but in p. 10<sup>th</sup> by redde **Another**  
 Take y<sup>e</sup> gall of an ox, & dry it, for y<sup>e</sup> liver of a crane,  
 of ~~these~~ <sup>these</sup> met. was a some ~~known~~ <sup>known</sup> that met it to y<sup>e</sup>  
 pour it with y<sup>e</sup> water of y<sup>e</sup> ~~liver~~ <sup>liver</sup>, with y<sup>e</sup> ~~liver~~ <sup>liver</sup>.



## The Pathway to healk.

Another remedy for to helpe the flanks.

¶ Take Capons greace, and make an oyntment thereof, and annoynt the soze flanks therewith.

Also the roote of the flower-deluce being dreyed; red Roses dreyed, Gallingall and Parsick of each a like quantitie, these being beaten to powder and made into oyntment with a little oyle of Roses or oyle of Linseedes, easeth the paine.

Also the decoction of Plantaine, Baria pastoris, Horsetaile, and Knotgrasse, all these are exceeding good to helpe the chafing of the skinne and flanks.

For chafing of the flanks.

¶ Take Weane flower, Bartie flower, and the flower of fitches, tempered with a little oyle of Roses, it maketh a precious oyntment for the same.

Also if the chafing be verie great, it is good to make a bath of Hollibocks, Dill, Clorets, and Linseedes, with a little Bran, and then to wash the place often therewith.

For sore knees that doe swell and ake.

¶ Take Rue and Louage, and stampe them together, and put thereto Honnie, and make thereof a plaister, and lay it to the soze knees, and it shall put away the swelling and the ache within three or foure times vsing thereof.

For the swelling of the knees.

¶ Take the water of the partie greened, after that it hath stood three or foure dayes made, then seeth it and scum it verie cleane, and wash the place as hote as may be suffered therewith. Also Gilfoyle fried either with Deers suet or Sheepes suet, and laid hote to, is very good for the same.

For the ache or swelling in the knees.

¶ Take two handfuls of Lauender leaues, or the flowers, or both together, stampe them in a mortar very small, and steepe the

the Lauender two houres in a pint of Salmetie, then straine it through a cloth, and boyle it well, and then with a Spunge all to bathe the swelling of the knees, or the ache thereof, and with in five or eight dayes vsing, it will helpe you God willing.

For the ache or swelling in the knees.

¶ Take Soyrell, Vinegar, Smiallage, and Sheepes suet, and melt the suet, and put in these hearbes, and make a plaister thereof, and lay it to the soze knee.

Also against the ache and swelling thereof, bruse the flowers of Plantaine with salt, and lay it thereto. Also the leanes of Plantaine stamped and laid thereto, helpeth.

Also the iuyce of an Onyon beeing mingled with the greace of a Henne, and made in manner of an oymtent, and so bled, helpeth the same.

Also bathe your knees in the water that Elder leaues haue beene sodden in, and it will helpe you.

For him or her that is diseased in their knees, or in their ioynts. that they may not goe.

¶ Take a blacke Sheepes head, and smite it all to peeces, wooll and all, and put it into a pottle with water, and seeth it till it be as soft as pappe, and then plucke out all the bones, and set it on the fire againe, and put vnto the same a good quantitie of Datemeale, and let them seeth till they be thicke, and then lay it vpon a peece of Leather, and while it is very hote, lay it to the parties ioynts, and they shall find great ease of the swelling of their ioynts. Proued.

For a fore knee.

¶ Take and seeth Beanes and Honny, and rawe Eggs, and make a plaister, and lay it vpon the soze knee as hote as you may suffer the same.

For the swelling in a mans knee.

¶ Take a blew wollen blanket of cloth, as much as will lap about the knee, then take the white of two or three Hennes. Eggs,

## The Pathway to health.

Egges, and beate them well in a dish, and spread it vpon the cloth, this doone, put the yolkes of the Egges into a dish & beate them, and put thereto asmuch oz more of black Sope, and beate them well together, and when they be well beaten make ther- of a faire salve, and spread it thicke vpon the cloth, & the white of the Egges thereon reasonable thicke: then lay this vpon the soze knee, and role it fast thereon for thre dayes, and it will put awaie the swelling and the ach thereof. Proued.

For aches and swelling in the knees.

¶ Take a quart of Malinesie and a handfull of Time, boyle them verie well together, and when it is halfe boyled, put ther- in a good peece of Sweet Butter, and let them boyle together frō a quart till it come to a pint, and when you doe goe to bed, bathe your knees well therewith, and also wet a cloth thre oz foure times double therein, and lay it also vpon them as hote as may be suffered, letting it lye on all night, and vse this fyre oz seauen times, and it will helpe you by the grace of God.

For a great ache in the knees.

¶ Take Ground-Iuie, which hath leaues like Catmint, and hath a red flower, and the leaues of Veneriall, and the leaues of Elder, and let them be sodden in Swines greace, and the mar- row of a Hare, and annoynt the partie so greued therewith.

For ache of the legges.

¶ Take the leaues of the Elder tree, and Venneriall, and Cinckfoyle, and make therof a plaister with Barrowes greace, and lay it to the ache of the legges, and it shall helpe them.

For ache of the legges.

¶ Take and drinke the iurce of five-leaved Grasse. Also you may vse Sow-thistle, Chickweed, Elder-leaues, Ground- sell, and Cleauers, of each of these a handfull, dry all these be- tween two Tiles, and lay them to the place that is pained, but let the hearbs be first washed ere they be dried, and it helpeth.

For

For ache or swelling of the legges.

¶ Take Ofeincale and Milke, and put thereto the iuyce of Housleake, and Shapcs-tallowe, and let them boile altogethr till it be thicke, and make a plaister thereof, and lay it about the soze, and that shall ease the aking, and take away the swelling of the legges, proued.

For all manner of ache in the legges.

¶ Take Sage, Rew, Worm-wood, Sorrell leaues, Horehound, Kedde-nettles, and stampe them all together, and mingle them with Hay-butter, and let it stand so tenne dayes, and fry them often, and straine them cleane, and melt there-with Incense, and this serueth for all manner of aches in the legges, if you vse thereof when you stand in neede.

For blacke horrible swolne legges.

¶ Take Selondine, Horehound, Hearbe-bennet, and seeth these together in water till the halfe be wasted, and there-with washe the soze legges every day three or foure times, and make as much at a time as will serue fire or seauen times.

For a hore sore legge.

¶ Take petty Sorrell, Plantaine, Smalladze, Hearbe-bennet, Sengreene, Violet leaues, and the leaues of Tutseine, Parigolds, and grinde all these together, and wzing out the iuyce, and put it in a little Wheat-flower and Honny, and the white of an Egge, and meddle all these together, and lay it vpon the soze all cold.

For swelling in the legges.

¶ Take three spoonefulls of Rose-water, and three spoonefulls of Fennell water, and three spoonefulls of good Wine vinegar, and put them together colde, and skimme off the some of it, and then take a linnen cloth and dip it in, and lay it to the soze place.

## The Pathway to health.

For a leg be it neuer so sore.

¶ Take the most part of a Cow-turd, and lay it vpon a cloth plaister-wise, and lay it to the soze place, and if there be a hole in the legge, make a tent of the same, and put it into the hole, and lay the plaister thereto, and let it lye till that it doe come off it selfe, and you shall finde great ease.

For a sore legge.

¶ Take the flowers of Cammomeil, a handfull of Sothern-wood, Wallows, Groundsel, Sage, a handfull of each of these, beate them small in a morter, and boyle them in milke, and put in the seething thereof, the seede of Fenicrcke in powder halfe an ounce, Annisseedes, Fennell seede in powder, of each an ounce, and a little Bay butter, boyle all these together, and when it is but warme, put into it foure or fine yolks of Eggs, and mingle them all together, and lay it to the soze legge, and in the boyling, put thereto a pinte of good red Wine, and it will be the better.

Another for a sore legge, proued.

¶ Take Celondine, Sage, and Woodbind a handfull, seethe them in a gallon of running water, to a pottell, and then straine it, and seethe it againe, and put thereto a pint of honey, a handfull of the powder of Allom, a penny-worth of Craines beaten in fine powder, and skimme it till it be very cleare, and then keepe it in a glasse, till such time as you shall haue neede to vse it, then take a cloth and wet it therein, and wash the soze therewith oftentimes.

For paine in the feete.

¶ Against the paine of the fete, if any hath bene bruised or crushed, take and eate the roote of the middle Bugwort with honey, and it will ease the paine thereof.

Also let the party annoynt his fete with the iuyce of Clare very often, and it will helpe him.

For.

For the swelling of the feete.

¶ Against swelling, and aches of the feete, bruse the flowers of Plantaine with Salt, and lay thereto.

Also stamp the leaues of Plantaine, and lay thereon.

Also take the iuyce of an Onion, being mingled with the greace of a Hen in manner of an ointment, and annoynt your feete often therewith.

Also bathe your feete in the water that Elder leaues was sodden in.

For cornes in the toes.

¶ Take of vnslaked Lime a little, and quench it with strong Vineger, and when you will occupie it, pare the corne, and mingle it with Rose water, and lay it too.

Also take the gall of a Swine being dried, but first wash it with hot water, and strew the powder thereon.

Also take and cutte away the corne, and drop into it a drop or two of a black Snayle, and put thereto the powder of Sandifer, and it taketh away the corne.

Also take Parigolds stamped, and lay vpon the soze euening and morning, and it profiteth, or else pare your corne, and lay thereto Turpentine, and red Ware boyled together, and make a plaister therof, and it helpeth the corne of the toe.

### Rules for blood letting.

**G**Alien, Ipcias, and Auicenna. and other Maysters of Physicke, accord and say, that letting blood of the veine, and that is called Flebato-macum, or it is ventosing, caruing, or cutting, and letting blood of any of these wise, is good for mans health of body, for blood immingled with other humors that is too much, or else corrupted by the cause of much sickness: it is therefore good to know which veines in a man should be let blood, and for what sickness.

## The Pathway to health.

The veine in the forehead is good for the frensie, and aking of the head, and for the Peigrim, and for the Porphew, and scab in the face, for the Postumes in the eyes both hot and cold.

The veine in the hart is good for a mans minde, and for the Rume that is within the forehead, and for the watring eyes.

The veines in the temple is good for the Peigrim, and for the head ache of the eyes, and that hath long lasted, for the sicknesses of the eyes, for ache in the eyes, and for the great heate in the temples.

The veines behind the eares is good for the blaines and pimples of the head, for the Peigrim and ache of the head, it helpeth mans minde, it is good for Tothache, and for the gums, and for all vices in the mouth, and it purgeth the rume of the head.

The veines in the corner of the eyes next the nose, is good for the Peigrim, and for all the sickness of the eyes, and for the sight Cephica tum prius apra.

The veine in the toppe of the nose, it purgeth the bzaire, it is good for ache, and flux of the eyes, and for the ache of the nose.

The veine in the chokes is good for the Peigrim, and for spots or scabs in the head.

The veine in the mold is best for to blæd, and for to wash the head with the same blood.

The veines of the ouer-lippe, and the nether, be good for hot blaines in the mouth, and for apostumes, and for hot cuils in the mouth or gums.

The veine vnder the tongue is good for postumes, and rumes of the head, and gums, and all manner of vice of the eyes, mouth, tongue, tothaking, & blaines of the nose, mouth, gums, and for the apostumes and swellings vnder the throat.

The veines vnder the chinne is good for the Kings cuill, and for Hauce-sleane, for spots and blains in the face, and other ache of the eyes, the gums, and for ache in the nose.

The veins of the neck before, is good for the Squinancie, and for all manner of apostumes and swellings that come from the head to the eares, or to the gums, that causeth the tothach, whē the



the breath beginneth to be short.

The veine of the liuer that is called Basilica, it is good for the Jaundise, and for chasing of the lyuer, and for all manner of dropisie, and it is good for all euils in the breast, and aking of the backe, shoulders, sides, and stomack, and for the Distume that is called Pleusis.

The head veine that is called Cephanica, it is good for the Heigrun, and for head ache, and for madnes of the minde, for ache, and all other vices in the eyes, teeth, tengue, the Squinancie, and other euils that come to the throat.

The hart veine that is called Cardieca vt medium, it is gentle Purgations, for it draweth blood and humors of all the body, but namely it is good for sicknes, and Purgations of the hart, breast, stomack, lyuer, and lungs.

The veine about the thumb is good against all feaunders, and most feauer quartaine, and for all euils of the gall, and for straightnes of the breast.

The veine betwene the thumb and the fore-finger, let blood for the hot head ache, for frensie, and madnes of wit, and for sicknes of the head, Cephanica, let the blood of the veine in the forehead if it be neede.

The same veine of the left hand is good for Litargy, and afterward blæde in the forehead.

The veine which is betwene the little finger and the next thereto, is called Salua cella, you must let blood in the right hand for Distumes and sicknes in the stomacke, and for all euill humors about the lyuer.

The same veins on the left hand is to let blood for Impostums and gathering of euill humors about the milt and spleene: it is good for the black Jaunders.

The ouer veine in the yard is good for the Crampe, and for Sciatica palsio, for swelling of the womb, for the dropisie, and for the stone.

The nether veine of the yard is good for the sides, for y rains, bladder, for swelling of the stones, and for the emerods.

The veine beneath the knee helpeth the knees: and it is good

## The Pathway to health.

for aking of the thighes and the ioynts , that is called Sciatica passio.

The veines beneath the knees both within and without, is good for the liuer, sides, and thighes, and for the matter that is aboue, and for to drawe downeward,

The veine in the hammes is best for with-holding of Womens purgations, for it is the next matter as saith Auicenn, and also it clenseth mans bodie.

The veine that is vnder the knockle which is called Sophe-na, it is good for postumes, swellings and akinges, and other euils that come to mans body from the head to the foote, it allwa-geeth them, it is good for the stone and letting of vrine, it helpeth the matrice and womens purgations, it is good for the scab that is called *Malum mortuum de basilica*.

The veine that is vnder the knockell without, that is called Sianca, it is good for aking that is in the thighes, & goeth downe to the legs and to the fecte, and for the Podagar, and for the scab, it helpeth most the aking of the thighes and ioynts, that is called *Sciatica passio*.

The veine that cometh to the great toe en eyther foote, it is good for the goutte in the eyes, for blaines and spotted in the face, and for postumes and euils of the stones, for the bloode, for cankers, festers, and sores in the thighes and legges , and for with-holding of womens purgations.

As for the time of letting blood, to wit, that neither in hote weather, nor yet in great colde, nor in rainie weather, nor in mistie weather, nor in the weather of great tempest, nor in the old Moone, nor in the new : that is to say, foure dayes before the change, neither foure dayes after, but the three first quarters be good, i.e. that the Moone bee in a good signe, and from S. Wartholmewe tide to Saint Peters tide : till february let the blood on the left arme, and in Januarie on the right, that is to say, Ver or Sommer, from the xrb. day of July to the sixt of September let no blood, for then the canicular dayes bee , after the teaching of Galien and Auicenna.

Rules

Rules concerning blood-letting to  
bee obserued.



Also be ye alwaies well aduised, and warie, that yee let no bloode, nor open no vaine, except the Moone be eyther in Aries, Cancer, the first halfe of Libra, the last halfe of Scorpio, or in Sagitanus, Aquarius, or Pisces, remembering also that you ought not to doe it in the day of the changing, nor in the day next before, nor next after the same, or when the signe is in the place where the incision should be made: neither in the heate of Summer, as from middle July vnto the middle of September, nor in the cold time of Winter, when there is much frost and snowe, except vrgent necessitie forceth you there vnto. Also if you chole out these signes following, appointed vnto each complexion, doubtlesse you shall doe the better, so that time and occasion will suffer it, as thus.

Open a veine in the Slegmaticque person, when the Moone is in Aries, sauing in the head.

In a melanchollicke man, the Moone being in the first halfe or fiftene degrees of Libra, except in the hips, or when the Moone is in Aquary, sauing in the legges.

In a cholericke body, it is best to let bloode what time the Moone is in Cancer, sauing in the breast, the last halfe of Scorpio, sauing in the priuie members, or in Pisces, sauing in the sexe.

The sanguine man may bleed in any of the fore-said signes, so that he doe it not what time the signe is in the member, or the season inconuenient therefore. Beware also yee Chirurgians, that you make no notable incision, as to cut Ruptures, take out the Stone in the bladder, deuoyde from the body any naturall Excressentes, Venues, or Nodes, to dipart, deploiate or rotten members, to roote out the Canker in the breast, let out the water collected in the belly through the disease Ascites: to breake short, to make an incision or cautherization in any member, or to remooue the Catricle from the eye, or to attempt any other like

## The Pathway to health.

like thing by manuell working vpon the body of man, when the signe governing the same is in the member in the which such attempts are to be made for the remedie of any of these diseases about said: or when the Lorde of the ascendent or first house, is the same signe that governeth part of the body at that ture, or when there is any oppositions, coniunctions, or quartile aspects of Saturne and Mars, or when any Planet is euill aspected vnto another, or when the Moone is in the signe of Leo, or in the day of the change, or full, except great necessitie require it.

Moreover, I would wish no incision to bee made about the full of the Moone, where-after any great fluxe of blood may bee feared to ensue, though the signe be neuer so meete, but rather let it be done in the wane of the Moone.

As touching the stone ruptures, Dropsies, to bee helpen by way of incision, I haue rather mentioned them in this place, because that the rude and ignorant Chirurgicalian may be brought to the true practise and knowledge heereof. I doubt not but to make many partakers of the benefit thereof, whose good intent, I would wishe either to follow in those attempts, and so to vse it in better refuge, when other meanes will take no place in that case, it being a most assured remedie for the true and due observations of letting blood, right well allowed, and practised at all times.

## Rules for purging.

**A**lso it is good to take purgations when the Moone is in Cancer, Scorpio, and Pisces. to giue pilles especially when the Moone is in Pisces. Purge by drinckes, electuaries, boles, when the Moone is in Cancer or Scorpio, remember that you purge not in the change, nor in any vnsfortunate aspect of the Planets vnto any other, neither in the extreme heate or cold of the yeere.

Now, if any man would know what commoditie purging or bleeding bringeth, being rightly vsed, and done in such sort as it ought to be done, or what diet and exercise shoulde bee vsed after

after bleeding, and order obserued in purging with the inconuenience and harme, which may and doth daile procede of the negligence and unskilfulnes in the contempt of the same.

For all diseases through the body, and  
for all kind of Agues.

**T**ake Purslaine, Gentill, Burfa pastoris, and stamp them all together, and do thereto Vinegar, and binde it to the pulses, & it will greatly helpe you. Also take the powder of Cloues and Pepper, of each a like quantitie, and cate fasting at one time as much as will lie vpon a fire-pence, and drinke not in on howze after.

Also let the partie so greued with the Ague, take halfe a pint of his owne water, and a penny-worth of Pepper brused, and put therein: and let the partie so greued, drinke thereof all, an howze befoze that the fitte doth come vpon him, and let him lie downe and sweat as much as he may.

Another for the Ague.

**T**ake a pottle of thinne Ale, and put thereto a handfull of Parsley, as much redde fennell, as much Centorie, as much Pimpernell, and let the Ale be halfe consumed a waie, and then take and drinke thercof.

Another for the Ague.

**T**ake the Burre-roots, and wash them, and kraime them, sethe them with halfe a pinte of Ale, and so drinke thereof luke-warme befoze the fitte doth come.

Another for the same.

**T**ake Endiue, Sowthistle, Dandelien, Lettice, Sorrel, of each a like much, and still them altogether, and giue it to the partie so greued, it is very good against the Ague.

R.

Another

## The Pathway to health.

Another experiment for the Ague.

¶ Take foure handfulls of Groundswellie, and stampe it small in a Morter, and put thereto three sponesfulls of Vinegar, and three sponesfulls of Bay-salt, grinde them all together, then put them in a pewter dish, and let them on a Chafindish of coles and stirre them together till the liquoz is almost dry: then lay it to the wrists as hote as the partie can suffer it, euery tyme an howze before the fitte doth come.

For the ague another medicine.

¶ Take a handfull of redde Sage, and a handfull of Redde Nettles, and a handfull of Pearbe-grace, and two sponesfulls of Bay-salt, and a sponesfull of streng Vinegar, and a peece of lea-uened bread, and let all these be well beate together: and bind it to the pulces of your wrists before that the fit doth come, and it shall helpe you by the power of God: proued.

For the hote ague a remedie.

¶ Take the iuyce of Sengraene and the whites of 4. Eggs, and faire flower of Wheat, and meddle it well together, and make thereof a plaister, and lay it to the patients sides, the take the water of Betony, the water of Pimpernell, Scabious water, water of Turmentill, the water of Radish, of each of these a like much, and meddle all these together, and giue the patient to drinke all hote, before that his fitte doth come.

Another for the same, proued.

¶ Take a pynt of the iuyce of Sorrell, and put it into a pot of Milke, when it beginneth to seeth vpon the fire, then take it off the fire, and let it stand, and it will haue a curde vpon the same, like vnto a posset-curde: then take the curde off, and let the patient drinke thereof a good draught at a time, as hote as he can possible endure to drinke it, and by Gods grace it will help him within two or three times seuerally drinking. Thys Medicine hath bene proued.

Another

Another for the same.

¶ Take a handfull of Smallage, a handfull of Burſa paſtoris, and ſo much white frankeniſence, as will couer two Hil-  
lings at thrice, and as much May ſalt, and bray them in a Morter, and ſo lay them vpon a thinne cloth to the wriſt, and about  
the arme at night when you goe to bed, an howe or two before  
that your ſitte doth come vpon you.

For the burning ague.

¶ Take a handfull of Smalladge, a handfull of Fetherfew,  
a handfull of Hedde ſage, ſtampe them all together, and take  
thre or foure ſpencefulls of the parties water, and as much Cline-  
ger, and boile them altogether on the fire a little while, & take  
a quantitie of the ſame Hearbes, and wringing the liquoz out  
of them, lay the vpon a cloth, and binde it hote vpon your tem-  
ples, and not vpon your fore-head, then take the reſt, and binde  
it to the parties wriſtes as hote as he may ſuffer it, before that  
the ſitte cometh, and within thre or foure times dreſſing, he  
ſhall finde great eaſe, and be helped of his Ague.

Another for the ſame.

¶ Take a pottle of Water, with halfe a pinte of Vinegar,  
take alſo Endiue, Duckozie, Violet-leaues, ſine leaued graſſe,  
and Straw-berrie leaues, of each of them a good quantitie, and  
ſeeth them to a quart, and put thereto halfe a pounce of Sugar,  
and drinke thereof morning and euening.

For the quartaine ague.

¶ Take Ribwoort, Beet rootes, and the leaues, to the quan-  
titie of thre or foure handfulls, waſhe the hearbes cleane, then  
ſtampe them in a wooden diſh, with a wooden peſtle, & ſtraine  
the iuyce from the hearbes, and drinke it ſilke warme, and  
this taketh away the humors of the ſtomacke, and fro the hart,  
within ſine or ſix times vsing: it cureth and helpeth the ſicke  
partie ſo greued with the ague: pꝛoued.



## The Pathway to healk.

For the Ague comming with colde.

¶ Take five crops of Rosemary, and five crepps of Sage, and five crops of Parigolds, nine Bay leaues, and a quart of strong Ale, sethe all these together well, and drinke it with Pepper being warme, and vse it.

For feauer Agues in children.

¶ Take the powder of Chisfall, and lay it in soke in Wine, and giue it to the Child to drinke, and the sucking Child shall be whole.

Also take Merfus diabolic the roote and the hearbe, and hang it about the necke of the Child.

For all manner of aches a Seare-cloth.

¶ Take Mace, Turpentine, Resin, hard Pitch, Bores greace, powder of Commin, powder of Bayes, Frankensence, oyle de vre de popilion, and take all these things saue the pender, and set it ouer the fire, and stir it fast till it be molten, and set it downe and skim it not no; straine it not at all, stir it fast till it be nye cold, and then strew in the powder with thy hand, as thou wouldest strew flower into a Childs papp, and when it is all in and welkie cold, spread it with a slice vpon a peece of leather, and when it is spread vpon the leather, take a new linnen cloth, and lay it vpon, and couch it fast, and at your need vse it.

For a cold and ache of the lims.

¶ Take a handfull of Rueger, a handfull of Endiue, a handfull of the red flowers of Archangell, and a quantity of Wandelion, and sethe the same in Butten, and eate the Butten, and drinke the Broth, and you shall finde ease.

Another for the same.

¶ Take a handfull of Balme, a handfull of Rosemary, a handfull of Pallowes, a handfull of Smallage, a handfull of Wallflowers,

## The Pathway to health.

65

Wallflowers, and all manner of sweet herbes that ye can finde and seeth them in a tankerd of water with halfe a peeke of wheaten branne: and when it is sodden, straine the hearbes through a cloth as you would doe a bucke, and set it on the fier and with other water straine it: and so bath you and sweate and you shall be whole God willing.

For aking of the ioynts.

¶ Take March Mallows, and sweate milke, Linsedes, powder of Comin, the whites of Egges, Saffron, and white greace, and fry all these together, and lay it to the aking of the ioynts: this hath ben proued.

For ache in any place, an oyntment.

¶ Take and chase a Stere till he scummer: then take that dung and fry it with Hoxpes selwet, or else with Sallet oyle, and it will come to a fine oyntment, and then annoynt the place therewith: proued.

Also take the oyle of Pace and annoynt the ache with all, and it will helpe you.

For ache in the bone or ioynt.

¶ Take a pricked Harts skinne, sluer or draw him, and cut it in small peces, bones, flesh and all: take that and wash it cleane that no blood be therein, then take cleane water, and set it ouer the fire, and as it seethes scum away the fat and saue it, and let it seeth till that no fat will come of him, and then cast away the flesh and put it in a hore, and annoynt the greace where the ache is, and it shall be whole: and doo this thre or foure times.

A medicine for all aches.

¶ Take halfe a pinte of Wall oyle, a quarter of a pinte of Beates foot oyle, and halfe a pound of Barrowes greace, first set the Barrowes greace vpon the fire, and skum it cleane, put in your Beates foot oyle, and beate them all thre together being

## The Pathway to health.

on the fire, then scum it cleane, and put in your Tallow oyle, and beate them all together, then boyle them together; and take them off the fire, and vse it at your neede.

A medicine for all aches in the bones.

¶ Take the gall of an Oxe and set it on the fire, and scath it, and scumme it till it be very cleane, and put it into a glasse, and stoppe it close, then take Peates-fote oyle, and gather it very fine, and put it into a glasse also, and stop it close: then take Aqua vite in an other glasse, and stop it close: then take of the oyle and waters aforesaid, of each euen portioned, & two times so much portion of the Aqua vite, and put them together in one vessell, so warme it and annoynt your greafe, and it shall helpe you God willing.

Another medicine for the ache.

¶ Take Swans greace, Goose greace, Vens, or Capons greace, of each of these a quantity, but the more of Swans greace then of all the rest, and when they are mingled together, then take a pinte of Palmesie, and a handfull of Lavender spike, Rosenmary as much, and let your Palmesie seethe till it be almost wasted, and then put all together with a little Beeres greace, and so boyle them, and vse them for your ache, and it shall ease you.

For him that is fallen broken.

¶ Take a Trusse and trusse the party so straight as he can, and it will very much helpe him.

Also take the iuyce of Hadder, the iuyce of redde Pettles, the iuyce of Hemp, the iuyce of Bugle, the iuyce of Camphire, the iuyce of Catwile, of each of these two Sawcerfulls, of Celine foure Sawcerfulls, of Honey thre Sawcerfulls, boyle them all together, and skimm them well, and then take it downe, and drinke thereof daily, first, and last, five spoonfulls at once, the space of fouretene dayes.

*Erway a redde maff for a rupture  
morteux warme it & spreade it on soft & p. lay it pnder  
y<sup>e</sup> trusse for y<sup>e</sup> rupture & grained,*

A plaister for a man that is broken.

¶ Take of Bugle, of Catwle, of each alike much, stampe them small with a little of the haire of a Hares skin, then take an ounce of Wax, and melt it with a spoonfull of butter, and put to your Bugle, and Catwle, and the haire: and stampe it with a little Bole armoniack, and fry them all together, and stir it, and make therof a plaister, and lay it on a peece of leather, and lay it straight upon the place of your soze, and so serue it thre or foure dayes, and so giuen the space of twelue dayes.

For a man or a child that is welnie broken, and to heale them.

¶ First make fyre pellets in this manner, take the roote of Polipodij, and the roote of Betony, the crop and roote of Daisies, of euery one an ounce, and make powder thereof, then take Bole armoniacke an ounce and a halfe, of Hony clarified an ounce, of these make a plaister, and if it be too thinne put moze powder thereto, and if it be too thicke put thereto moze Hony, and take and rowle it and make pellets thereof as many as ye may make thereof: then take moze of the roote of Polipodij, and the roote of Betony, and the crops and rootes of Daisies, of each two ounces, and punne them as you do Crane-sawce, and put that iuyce into a quart or moze of Ale that is stale, and boile it to a pinte, and straine it throught a cloth, then boyle it againe with Sugar thre penny-worth, and when the Sugar is molt then put it in a glasse, and euery day eate a pellet thereof morning and euening last, and drinke euery time the quantity of thre spoonfull of your drinke in the glasse, then if your drinke be done, you must make moze: but you must vnderstand that the sicke man must lye byright fyre dayes, and that he be bound wisely and faire, and that hee eate laxatiue meates for drawing of the humours, and it shall heale him mightily: and surelye procured.

for a vnguent in the fistul  
lay to yt a daye send y white powder of y<sup>e</sup> fistul it w<sup>ill</sup>  
not be so sore bymme, y<sup>e</sup> powder is called album gummum

## The Pathway to health.

If a man childe bee newe broken, this  
will cure him.

¶ Take the roote of Camphire, and the leafe of Diamond,  
and the young roote of Elme leaues, Aucnee, and leaues of  
Padder, and the leaues of Castore, of each of all these a like  
much, these must be scdde altogether in newe Ale, with a good  
quantitie of clarified Honny, and skimme it, and put it into a  
pot, and euery day drinke therof fasting, and also at euening:  
and binde it by very draight.

For broken bones, in what place focuer  
they bee.

¶ Take a newe tyle, and maile him in the fire, and make it  
all to pouder, then tye it in the fire againe till it be redde, let it  
kale, and take that pouder, the iuyce of Daisies, and the iuyce  
of Camphire by euen portions: and melt al together, and make  
a plaister thereof, and lay it to the bone that is broken, and eu-  
rie day renew it thereto. Item take Daisie and Camphier, and  
Cgrimonie, and temper them with Vinegar, and lay the there-  
to, and it shall helpe them so greued.

For the bone ache and to take it away.

¶ Take Sperewort, Oliues, Crofoote, hearbe Christo-  
pher, Malwoort, Henbane, Pony-suckle-flowers, Culrage,  
Rosemarie, Gallioines, redde Wort-leaues, red Onions, and  
Ribwoort, Kill all them by themselves, and after meddle alto-  
gether, saue onely the Sperewort, which must be medled with  
halfe a part of the other Waters, meddle them before the heate  
of the fire with your hande, and annoynt the place there-with  
oftentimes.

To knit a broken bone.

¶ Take Aucnee, Camphire, Cgrimonie, and temper them  
with Vinegar, and lay it to the bone. Also take Daisies, the  
crows

## The Pathway to health.

67

crops of Hempe and rebbe Coleworts, and rebbe Pettles, and Bramble-leaves, Sothern-wood, Tanfic, Pimpernell, Betonie, Buglosse, Padder, wash them and beate them small, and drinke the iuyce thereof both morning and evening.

For all manner of bones that akerh.

¶ Take a pinte of White-wine, and the gall of an Oxe, boyle them well, and skimme them cleare, then take crummes of white Bread, and put them thereto, and make thereof a plaister, and lay the same to the græfe foure or fve times: and it shall helpe you.

For broken bones.

¶ Take Creyland that is burnt, and grinde the same to powder, and put thereto the iuyce of Daisies, and the iuyce of Camphier, and strew on the powder till it be thicke, and lay it to the place plaister-wise, and the broken bone shall knit againe berie shortly, and become whole.

To make an oynment for burning of Gunpowder,  
or for scalding with water.

¶ Take a quarte of Bozes greace, and two handfulls of Groundswell, and two or thre heads of Houslecke, and stampe the herbes together, and then put to it of newe shæpes tunge two handfulls, and as much of Goose tunge, and stampe altogether, and fry them, and being hote, straine them through a cloth into an earthen pot, and with the same liquoz annoint the soze that is burnt with Gunpowder.

To take away a heate or burning with Gunpowder.

¶ Take a good quantitie of Houslecke, stampe it, and wyng out the iuyce: then take the white of fyre Egges, and beate them in a dish till they be thin, and then take off the scum and put the rest together, and wash y sozes with a linnen cloth, and after, lay a wet cloth on the soze.

## The Pathway to health.

A remedy for burning or scalding, or any hurt  
with an hand-gunne.

¶ Take the dunge of Geese of one nights making, and fresh Butter unsalted, or else clarified Sheepes suet, & fric the same in a frying panne a good while, vntill your suet be almost consumed, then put them in a course linnen cloth, and straine them into a small vessell, then take a feather, and dip it in the liquor, and annoynt the place where the patient is so burned or scalded, and when you haue so doone, wette a fine linnen cloth in the sayde liquor, and couer the soze withall, and vse to doe thys twice or thrice a day.

For burning or scalding.

¶ Take halfe a pounce of Sheepes suet, and as much of the crindels of Sheepes dunge, and a quarter of a pound of the inner rindes of Elder-trees, and fry them altogether, and drawe it through a cloth into a pewter dish, and it will be fast, chaste it against the soze.

For burning, a medicine proued.

¶ Take the white of Venues dunge, and of Shæpes dunge, of grounde Iuie, of Housleeeke, Sheepes suet, and boyle them all together, and straine them, and so annoynt the burning soze, and take a Rose-campion leafe, and lay it aloft vpon the place, and a thinne cloth vpon that, and it shall helpe it.

For burning, a remedie.

¶ Take a quantitie of Bozes greace, and put the same into a frying panne, and wyng out the greace reseruing the suet, then take not fullie halfe so much Rape-ole, and put it thereto, with two or thre spoonefuls of cleere Vinegar and Water, labouring them all very well together: and so reserue it to your vse, but stoppe it very close till such time as you neede, and this shall helpe you.

For



For burning with fire.

¶ Take blacke Tarnish, and all to annoynt the place with a feather, and it will both stay the heate and heale it as faire as euer it was, this you may vse till you be whole.

For burning or scalding.

¶ Take a good handfull of auence, and asmuch of Sheepes dunge, and sive them well together in May butter, and straine it, and vse to annoynt the greened place with the same colde twice a day, and annoynt it first with gray or blacke Sope, and it will helpe thee: this oyntment must bee syzed vpon a flaxen cloth if you can get it.

Another for burning or scalding.

¶ Take Oyle-oliue, and beate the same with water till it were verie white, and annoynt the soze place there-with.

For burning or scalding.

¶ Take Snowe-water, and that will asswage the heate, and then take the white of an Egge, and clippe the haire of a Cunnies skinne, and dip them in the white of the Egge, and lay it to the burnt place, and it will heale it, and it will cause the skinne to be moze faire then all the other: pursued.

For all bruises a Medicine.

¶ Take Planten, Dypin, Camphire, Holli-hocke, and flower, and make a plaister, and lay it to the soze.

Also take the grounds of Ale or Beere, and Wheate-branne, and Chicke-uerde, and lay it to the greese thye or soure times a day, vpon a redde cloth, not too thinne.

For a bruze.

¶ Take Pitch, Rozen, and wrought Ware, and Bozes greace, or Swines greace, of each a like much: boile all these together in a pan till it come to a salue, and then strike it vpon

## The Pathway to health.

a linnen cloth, and lay it to the bruse, and let it lie foure or fve dayes thereto, and you shall finde great ease.

Another medicine for a bruse.

¶ Take halfe a pound of Sheeps sewet cleane tried, and as much unwrought Wax, two unces of Rosh, and a spoonfull of Frankensence in fine powder, and well scarced, then boyle them all together, and skim it cleane with a feather, and when it is boyled take it from the fire, and when it is halfe cold then wet or dip a linnen cloth in the same, so that every part be thorough wet, and lay it abroad till it be thorough cold, and role it up, and it may be kept all the yeare, and vse it as neede shall require, for this is a precious Seare-cloth for all manner of ache or bruises: Proved.

Another for the same.

¶ Take Gallowes, Smalage, bruse Wort, Planten, the more of Smalage, and temper it with Sheeps sewet, and make this salve in May, and you may kepe it all the yeare after, and vse it as your neede doth require.

For all manner of botches.

¶ Against botches, mingle this hearbe Timbalaria with Sheeps dung, and lay it thereto plaister wise, and it shall ripen the botch quickly.

Another for the same.

¶ Also to ripe botches, censet fine or fve dramms of Elettum with Barly meale, and the white of an Egge, and lay it to the botch, and it will ripen the same.

For to breake the botch.

¶ Take Bramble leaues, Elder leaues, and Bufford sad, and stampe them all together, and then take of it and make a plaister thereof, and lay it to the soze, and it will draw out all the venoms.

Another

Another for the same.

¶ Take one spoonfull of Honey, the iuyce of Spurge two spoonfulls and a halfe, of Wheaten flower a good quantity, and one spoonfull of Turpentine, temper all these together, and lay it to the botch, and it helpeth.

For byting of a Serpent.

¶ Against byting of a Serpent or venomous Beast, take two drams of the powder of Cgrimony, with two measures of Wine that is called Clares, and it will cast out the venome.

Another for the same.

¶ Take Centory and stampe it with his owne water, and giue the sick to drinke, it is as good for Beast as men, for the byting of an Adder. Also beare Meruaine about the, and the Serpent as some report shall haue no power to hurt the.

Another for the byting of a Serpent.

¶ Take and sethe two or thre handfull of Meruaine, and wash the place therewith, and stampe the leaues, and lay therto, and it will abate the swelling therof, and bray this hearbe Meruaine with Honey, and lay it often therto, and it will resounder and heale it faire againe.

Also the iuyce of Cinkfoyle being drunk, putteth out all venome, so dooth the iuyce of Plantaine.

For the byting of a mad dogge.

¶ Take of the sette of Bore, and stampe it, and temper it with water, and giue it to the party so græued, and it helpeth them God willing.

Also take Sauery and temper it with bread, and lay it therto, and it hath the same vertue.

Also stampe long Plantaine, and lay it to the græued place, and will cure the soze: Wounded.

## The Pathway to health.

Another for the same.

¶ Take Walnuts, and stampe them with salt, and an Onion, they be good for the biting of a mad dogge having layed thereto.

Also Betony that is greene being laide thereto, helpeth the biting of a mad dogge, in very short space.

For biting of venomous Beasts.

¶ Take Garlick and bray it, and lay it to the place so biten, and it will in short time cure the same.

Also if Garlick be eaten, it putteth forth the venime in the body, and cleanseth the same.

Also take the powder of Aristialogia rotunda, with the iuice of Spints.

Also if the roote of Wineswort be bruised and laide thereto, it healeth the biting of venomous Beasts.

For a man or woman that is in a consumption.

¶ Take a brasse pot, and fill it with water, and set it on the fire, and put a great earthen pot within that pot, and then put in these parcels following.

Take a Cock and pull him a line, then clea off his skin, then beate him in peces: take Dates a pound, & slit out the stones, and lay a layer ouer them in the bottome of the pot, and then lay a peece of the Cocke, and vpon that some more of the Dates, then take Succory, Endiue, and Parsly roots, and so euery layer one vpon an other, and put in fine gold, and some pearle, and couer the pot as close as may be with coarse dowe, and so let him distill a good while, and so reserue it to your vse, till such time as you haue neede thereof.

For a weake person in a consumption.

¶ Take a quart of red Rose-water, and a pottell of the strappings of the milke of a Cowe, 2. ŷ. of fine Spanchets, the yolkes of

## The Pathway to health.

70

of thirty Eggs, halfe a pound of Raisons of the sunne, Cinamon one vnice, Nutmegs one vnice, Gace halfe an vnice, Cloues a quarter of an vnice, of long Pepper halfe an vnice, your bread must be fine grated, and your Raisons stoned, and your Dates scraped, and all your other spices beaten all together, then put in your Eggs and milke so stirred together, and then last of all your Rose-water, and so distill it in a Limbeck of glasse, and so reserue it to your vse, and as neede requireth to vse it.

For to restore health in a consumption.

¶ Take a handfull of Parrow and stampe it, and straine it into a dish, and put thereto the yolke of an Egge, and a little Sugar fine beaten, and with this iuice being heate luke warm, temper therewith as much of Wheat flower as will make Past, then the Past being well wrought, make thereof little cakes, as bigge and as thicke as an old testozne, and bake them vpon a little Shard, and being baked, let the Patient eate one of the cakes euery day thre times, or as much as he or she can eate, and by the prouidence of God it shall make them strong and mightie, this hath been proued.

For a consumption in the raines.

¶ Take Clary leaues and prick them, and fry them with two or thre yolkes of Eggs, and put thereto Saffron dried vpon a stone, and grind it small, and put all together, and fry them with fresh butter, and eate it warme next your hart, and it will helpe you God willing.

For one that is in a consumption.

¶ Take a great number of young Nettles that springeth at the roote, and wash them cleane, and stampe them and straine them, till you haue a pinte of the iuice therof, then put them in a faire Skillet, and set it ouer the fire, and let it seethe till it waie  
some

## The Pathway to health.

some what redde : then take it from the fire , and put thereto a quart of Malmeſey, and bzeu them together a good ſpace, then take the yolkes of fire newe layde Egges, and beate them together, then bzeu it againe, and put thereto as much ſugar as wil make it ſweet : then let the partie ſo græued, take ſurry night and moꝝning a reaſonable draught thereof blood-warne , and by the grace of G D D, it ſhall eaſe the partie ſo græued in beerie ſhort ſpace.

¶ To helpe to reſtore him that is in a conſumption.

¶ Take a Cocke which is neither fat nor leane, and wꝝing his necke, and hang him by by the legges, and let him beat him ſelfe to deat̃h with his winges, and when hee is colde ſlea him, and take out the bowels, then cut off his necke and legges, and ſes that his body within be well dꝝyd with a cloth, and quarter him, and at ſoure ſkills ſtill the quarters beeing firſt well hacked and chopped, and the water that ſhall come out of the Cock beeing ſkilled, you muſt giue the patient in his brothes oꝝ dꝝinks beeing blood-warne, and within ſhort time by Gods grace, it will reſtoꝝe him oꝝ her. But remember that the partie græued, doe neither eaſe nor dꝝinke in all the time, any meats oꝝ brothes dꝝeſſed with hote ſpices, oꝝ ſharpe ſauces.

A notable reſtoritie and eleſtuarie for a man that is waſted or conſumed, called the eleſtuary of life, praſtized by M. Baltazar.

¶ Take two pounde of Dates, and waſh them cleane in Ale oꝝ Beere, then cut them and take out the ſtones, and the white ſkinnes, and cut them ſmall, and bꝝay them very ſmall and fine till they be as tough as ware, then take a quart of clarified Honny, and caſt the Dates therein till they be diſſolued, then take halfe an ounce of long Pepper, as much of Pace and Cloues, and Putnecs beaten in fine powder, then ſeeth the Dates

## The Pathway to health.

71

Dates and Honny ouer a soft fire, then cast on the powder by little and little, and stirre it very fast, and let it seeth long, till it were thicke, then set it to coole, and put it in close Boxes, and eate therofe first and last: and it shall restore a man bee neuer so weake or lowe brought: vse this some-times vpon a full stomacke, and you shall not surfet, proued by M. Baltazer Chirurgian.

¶ An Electuarie most soueraine for all manner of diseases in the body: proued by  
G. K.

¶ Take foure pound of Sugar, and boyle it in a pint and a halfe of Palmesey, and put thereto a pint of Rose-water, and a pint and a halfe of White-wine, halfe a pint of Aqua vitæ, and of running water a pint: boyle all these together, and when it is well sodden, take of the powder of Enula campana an ounce and a halfe, of Calamus aromaticus and Liriois, of each halfe an ounce, pepper three penny waight, one halfe penny worth of Alisander seedes in powder, six pence waight, of conserve of Roses and Violets, of each foure ounces, boyle all these to a measurable thicknes, then put thereto of solliater golde, and all to cut it with a knife, and mingle it with the aforesaide Electuarie, and vse it as your need requireth, and by Gods grace it will helpe you.

A restoritie for the weake and feeble.

¶ Take a pint of running Water, and heate it ouer the fire, and put in it a handful of Rose-mary, let it boile to the halfe and then straine it: then take a pint of White wine, or Claret wine, and a good peece of Sugar, and powder of Ginger, & Sinnamon, a little Pace and Cloues, and put them altogether, the lay sops in a dish, and poure thereon the broth, and giue it to the sicke and feeble persons fasting in the morning, proued.

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For



## The Pathway to health.

For a consumption, proued.

¶ Take halfe an ounce of Manus Christi, one ounce of white sugar Candy, and a penny worth of Anniseedes, and halfe a pinte of Medde-rose water, and a pinte of Muscadine, foure new layde Egges, a quarter of Nutmegges, halfe a quarter of Cap Dates, and stone your Dates, and wash them befoze that you doe put them in, and boile them altogether, and so vse them, for this hath bene proued.

A Ielly proued for a consumption.

¶ Take a well fleshed Capon and scald him, and draine him, and put into his belly a handfull of Barly, and as much Rye-sons, Currons and Dates, and put him in an earthen pot with a gallon of Claret wine, then put therein some Sinamon and Ginger: let it seeth till the flesh be fallen from the bones, then beate him in a Morter, and put him into an Spocras bag, and let the Jelly runne into a faire Wessell, and giue the patient of that ielly evening & morning: and within the spending of thzee Capons, by the grace of God, the patient shal recouer much his health: and to comfort his stomack, giue him Rorax aromaticum, made in lozings at the Apotecaries.

A present remedy for the Sciatica.

¶ Take a handfull of Violet leaues, and wash them in good Ale, then take an other pinte of good Ale, and set it on the fire in a Skillet, and then beate the Violet leaues very small, and so boyle them in the Ale, and then when it is halfe boyled, take out the leaues, and straine the iuyce into the afoze-said Ale againe, and boyle it very well vntill that it bee thicke, and then take a peece of sheepes leather, as broad as the place which is grieved, and picke it full of holes, and spread the same on the rough side of the leather, and lay it to the place xiiij. howres, and then change it, and lay to it new, and so vse it thzee dayes, and you shall be well: the oftner the better.

To

To make a water for the Sciatica.

¶ Take a peece of Booke of a male Dogge which is leane, and perboyle it in water untill the blood be cleane out, the boyle it in strong Ale a good while, and after that take it and distill it with a soft fire, and then keepe the water, and wash the places so graued two or thre times against the fire.

For a Sciatica another medicine.

¶ Take an Oxe gall, and red Allam, Rosemarie-tops, bay Salt, Aqua vitæ, and Vinegar, bray them well together, and set them on the fire, and alwaies stirre it, but let it not seeth, and so vse it as needs requircth.

Another for the same.

¶ Take Auence, Comin, and asmuch white salt, a handfull of Red nettles, and seeth them in pissæ, and when they be well boyled, put thereto Aqua vitæ, and annoynt well the soze therewith thre or foure times.

A medicine for the Sciatica.

¶ Take Time, Lauender Cotten, the runnings or out-laces of Straw-berries, of each a like quantitie, a nest or two of young Swallowes aliue, with the feathers and the guts, and stampe them very small, and so fry them in Bay-butter that is swete and newe, boile them on the fire, then straine it through a cloth, and put it into a pot, and so vse it at your pleasure.

For the Crampe.

¶ The Crampe commeth commonly of contractions, of nerves, or els it commeth of too much fulnes of the body, or too much leannesse: and note well that in the Palsie the members be moze longer then they should be by relaxation, and in the crampe the members are shorter then they should be by shrinking of the nerves, but the Crampe that commeth of wasting, is selborne cured, if the paine be great, & withal, cease it with oyle of roses,

## The Pathway to health.

oz of Camemile hote, and of yolks of Egges and Saffron together, and wet Bread in sweet hote Milke, for this ceaseth the aking of the Perues. Also make a garter of an Hares skin, but the liuer is said to be full good for the Crampe, proued.

For the Crampe, a remedy.

¶ Take oyle of Camemile, and Fenegrake, and annoynt the place where the Crampe is, and it helpeth.

Another for the same.

¶ Seeth these hearbes, Betony, Worme-wood, Meruaine, and Dine, these are exceeding good for to wash the party so troubled with the Crampe, if he make it in a bath.

Another for the same.

¶ If you say these words three times when the Cramp cometh vpon you, Bero, baro, battora, it may hap to help you.

To make one to haue a good colour.

¶ Take and drinke the iuyce of Slope fasting, warme it, and it will make you to haue a good cullour, it is good for the light, it destroyeth wormes, it is also good for the Romake, the liuer, and the lunges.

For the Canker a remedie.

¶ Take lentils of the Water, which be called Frogs feete, oz Cinets meate: it is of great vertue if it be stamped, and the iuyce medled with Pokes greace, and lay it plaister-wise on the Canker, it drieth and healeth mightily.

Another remedy for the Canker.

¶ Take as much Allam as a Nut, halfe a glasse full of Honie, and a pint of Red wine, and seeth them together till it come to the third part, then straine it through a cloth, and wash the sores there-with.

Another

Another for the same.

¶ Take a handfull of vnset Leekes, with the rootes, and a small quantitie of Parrow, ten or twentie branches therof, and boile them in white wine untill they be all very soft, and then straine them and clarifie them: and let the patient drinke of it morning and eurning, blood warme.

For to kill the Canker in a mans bodie.

¶ Take the roote of Dragons, and brake it in small peeces, and dry it, and make it in powder, and take nine pennie waight of the powder and put it in Wine, and seeth it well, and then let the sick drinke thereof warme a good draught fasting in the morning for thre daies together.

Another for the same.

¶ Take two handfulls of Sage, and as much Wood-binde leaues, with the rootes of a wilde Vine, this beeing stamped and strained, take a little Honny with a peece of Alam being warmed, and so wash the soze place where the Canker is.

For the Canker another remedie.

¶ Take Christall, and make it in fine powder, and the powder of Harts-horne burnt, with asmuch of the rinde of a Poungranet, and the iuyce of Night-shade, and giue all these to the partie, eyther man, woman, or child.

For the Chollick and the stone.

¶ Take a handfull of Sapifrage, a handfull of Pellitorie of the Wall, a handfull of vnset Flope, a handfull of vnset Time, and seeth all these hearbes well together with a quarte of good Balnesey to a pint, and the powder of whole Egge-shells, and as much of the powder of Hasell-nut shells: when you haue put the liquoz from the hearbes, then put in the powder to the same, and let the patient drinke thereof warme in the morning fasting, and it will helpe him.

## The Pathway to health.

For the collick a remedy.

¶ Take white Lime, Parsley, bruse them, and strayne them with stale Ale, and set it to the fire, and make it warme, and put thereto a good quantitie of Graines, and so drinke it. Also take Romaine seede that is greene: and giue it to the party to drinke being dried and made in powder, and when the paine is vpon him vse it.

A medicine for the collick.

¶ Take a pint of Sallet oyle, halfe a handfull of white salt, and seethe them: then dippe in two or thre handfulls of blacke Sheeps woll, and bind the same from the nauell to the bottome of your belly as warme as you can suffer it.

For the collica passio.

¶ Take the roote of Nymptfoyle and long Pepper, & grind them small in powder, and drinke it in good Ale. Also take Lime and Saffron, stampe them together, and put thereto a little good Ale, and straine it thzough a cloth, and then giue it to the Patient to drinke, and it shall ease him forthwith. Also make a plaister of the hearbe Philopendula being sodden with the afoze-said hearbes.

For the collica passio.

¶ Take the crums of cleane wheaten bread, and white Vineger, and the powder of Comin, & boile all them together, and make a plaister therof: and as hot as the sicke may suffer it lay it nere to the belly, and he shall sone be eased of his paine. Also take Turmentile and Treakle de hayes, and cate it, and drinke of the water of Elberne flowers skiled.

Another for the same.

¶ Take vnset Lokes and cut away the faces and all, then take the white of the Locke and bray it small with May butter, and fry it, & lay it very hot to the nauell being bound with a cloth.

For

For the collick and the stone.

Take the greene pith of an Elder stâlke that is betwene the barke and the stâlke, and stamp it small, and drinke it with good stâlke Ale, and it shall breake winde.

For a man that is costife.

Take Mallowes, Mercury, and sethe them with Posk, and make therof pottage, and let the party eate therof, and drinke Chay, and it shall make him solible. Also take the iuyce of Malwort and mingle it with honey, and drinke it.

For the dropsie, proued:

*To Cure or prouent the dropsie  
Take a gallon of white wine*

Take two pound of sage Ryall, and two pound of water Carlen, and two pound of Slope, take these hearbes, and bray them in a moztar, and wyng out the iuyce thereof, and then take Wheate flower, and blend it with the iuyce, and make a loafe thereof, and bake it in an Ouen, and all hot breake him into two or thre gallons of good stâlke Ale, and let there be no dyegs therein, and so let it stand all night, and stop it close, and let the sicke drinke thereof at all times, and he shall be whole. Also take Bojage, and Langderbese, and Parsly, and Scabious, and of water Cresses as much as of the other hearbes, a handfull of Smerewort, and vse this pottage with that drinke, and he shall be whole.

Another for the dropsie proued.

Take foure penny waight of Scamony, and two penny waight of Rubarb, & fyre penny waight of Scene, and a penny waight of Setwell, and a penny waight of Spignard, and a penny waight of the powder of Camomell, and an vnce of Sugar, and bray all these spices in a moztar of brasse, and mingle therewith the Sugar, & then let the sicke vse this medicine thre daies fasting, a good spoonfull at once, and it will make him for to haue a good stomack, and do away all euils.

For.

## The Pathway to health.

For the Dropſie if it be curable or no.

¶ Take Barly meale and the iurce of Spinage and of Marigolds and make thereof a plaister, and lay it thre times, vnto a mans liuer, and if the plaister be dry seone, hee is curable, and if it dry not, hee is incurable.

For the Dropſie, another, preued.

¶ Take a handfull of the tender crops of Wycome, and stampe them and straine them in a quart of stale Ale, and boyle it till it be halfe wasted: then put thereto some Sinamon, and Ginger, and set the patient vpight in a chaire, so that his feete toucheth the ground by two foote and a halfe, then put vnder his feete a panne of coales, and lay ouerthwart the pan a payre of tongs, or two, and lay thereon geene Wycome, and let him sette the soles of his feete thereon, and giue him of the drinke blood warme, and so let him sweate well when he goeth to bed, and by Gods grace it will helpe him.

For a Dormitorie.

¶ Take a quarter of a pounce of Almonds blended, and a halfe pound of Hempseede, thre times washed in cleane water, and five Dates, and stampe them altogether, and put thereto good stale Ale, and take an ounce and a halfe of Poppy seede bruſed, and let it lie in Ale thre or foure howres, and then seith them together and straine them, and giue the sick to eate thereof warme: and it shall quickly make him sleepe by Gods grace.

To draw a Bile from one place to another.

¶ Take Oculus Christi, and Ateruaine, and make a plaister of them, and let the same be layde from the Wyle, two fingers broade: and when it hath linc a good while, renew it, and so remoue it still from place to place, vntill it bee layde in the place where you would haue it breake.

To



To drawe out arrowes out of a mans body.

¶ Take Polipodion and grinde it with fresh greace that is olde, and bind the same vpon the place, and it will soone drawe it out, be it arrow, or thorne, or any other euill thing.

To draw out an arrow head.

¶ For to draw an arrow head out of a mans flesh, take red Spere roote, temper the same and seeth it with Honny, and then lay it on a cloth, and lay it to the wound, and it shall drawe it out by the grace of God quickly.

For a Dart in a mans body.

¶ Take a Worme that is called Piacher, that is as great as a Beane, and is cleane blew or sender, & it hath many small fete, and is white vnder the belly, and when a man toucheth it, it will be as round as a button: take this Worme, and rubbe it well against the Dart, till it be all broken, and do this euery day three or foure times, and at euery time take three or foure Wormes.

For all manner of falling euills.

¶ Take the blood of his little finger that is sicke, and write these three verses following, and hang it about his neck, Iasper fert mirram, thus melchior balthazar aurum, hec quicum secum porta tria nomina regum, soluit a morbo domini pietate caduca, and it shall helpe the party so graued.

For the falling euill.

¶ Take the powder of Diamond, and the roote of pilny, and and take the powder of Portegan, and drinke all these with stale Ale, and let them say the prayers: and as soone as the party falleth downe, take the gall of a Dogge, and giue the sick to drinke with good Ale that is stale, and by Gods grace he shall neuer haue the falling euill any more: proued.

## The Pathway to health.

For to cure the falling euill in foure dayes.

¶ Take Swallowes, and beate them feathers guts and all, Castorey, Vineger, and some Hermander, distilled first in water, and some Cardus benedictus water, and then still all, and giue the sicke to drinke therof. Also take the roote of Piony, and make it in powder, and put it into pappe for a child, and let him or them lick it with a little Sugar, and they that be of age may eate the more quantity therof. Also the black saxe of Piony is good therfore.

For the falling euill.

¶ The filling of gold being taken in meate and drinke, is good against that euill, and if the Patients backe be annoynted with the oyle of Ziniper in the very chine, and so is a dram of Castoreum very good therfore.

Also take the powder of Gentiana, with the iulce of wilde Sage, is good for the falling euill.

The manner and vse to be obserued and kept in the time of curing of a fistula.

¶ First you must search the vicer with your tente, to knowe the depth and the length thereof, that you may knowe of what size to make your tente, and annoynt the soze onlie with Populion, and your tent also, and dippe the ende therof in the powder following for two daies, once a day dresse it with your powder, and other two daies with nothing but Populion to remooue the aker, and thus enlarge your tent till the woрке be knowne vnto you, so long as it casteth a blocky, maulte gozy, sinking, or bloodie water, still vse your powder vntill it come grosse, thick, and white, and then apply mundifiers or clenfers, and the vicer clenfed, then vse incarnatiues, as the Greene balme before written, & other that followe: alwaies rather shortening your tent, and making of it lesse till you be assured of the victoꝝ for sigilation, sealing or sinking of the water that hereafter shall follow termed mother and the congelour.

The

The powder for the Fistula.

¶ Take two ounces of greene Copperas, and burne it in a Goldsmithes potte, called a crucible, Mercurij sublimari an ounce, grinde them small on a Marble Stone, till that it bee very fine powder, and use it when neede requireth.

A skinning water for the Fistula.

¶ Take strong Vinegar that is white, for that is best, a quart of Litarge of gold finely beaten, & finely searced a pound, mingle them together, and let them infuse in a glasse thre or foure daies, stirring them together twice in a day: then let it settle a day, and take the cleared thereof, and put it into a viall or glasse: and so you haue the mother.

The congelour in a Fistula.

¶ Take faire water a pint, salte genne two ounces, common salt a good spoonfull, boyle all till the salts bee dissolued, then put the clearest thereof into a glasse, and this is the congelour.

The vse of the congelour.

¶ Take of the mother thre parts, of the congelour 2. parts and a little more, put them together, and it will be an oymntment or a thick creame, lay it on the place that you would haue skinned, or the cræping tetter, and it shall doe wonderfully for the long blcers that lack nothing but skinning, and it will skin in very short tme.

For the Fistula.

¶ In what place soeuer it be, take the iuyce of Marmentil, and drop it into the hole, and it helpeth, and so doth a tent ripped in the sayd iuyce, & layd to the Fistula. Also take greene Betonie with salt, and make a tent, and put to it a plaister of the same, and it will heale it.

¶ 2

Another

## The Pathway to health.

Another for the same.

¶ Take of the powder of Copperis with two parts of beane meale, and confect them with french sope, and shape a tent thereof, and put it into the hole of the Fistula, it will cleanse it in such manner, that if there be any bones corrupt or broken, that they may be taken out, and it will consume the euill moistures.

To stop a very great fluxe.

¶ Take halfe a pound of Almonds and blanch them, and stampe them very small in a Morter, and then take twelue yolkes of newe layde Egges roasted harde, and put them into a Morter, and beat altogether, and then take a pint of strong red vinegar, for that is best, and put it into the same stuffe, and mingle the well together, and then put all into a faire pot of earth, and stampe it well, then take thereof fine or sixe sponcfulls at once, but first warme it, and then drinke thyece or foure times vpon a day, if neede be.

Another for the same.

¶ Take the roote of a great Docke that beareth the Burre, and the leanes of Dake, and ground Zuie, and make a bath of them, and put thy seate therein vp to the ankles, but no higher, and let thy feete stand long therein, as hote as yee may suffer it, and then keepe them warme.

A medicine for to stoppe the fluxe or laxe.

¶ Take thre Nutmegs and rost them, take of Cinamon thre ounces, three new layd Egges, and rost them very harde till they be blew, then take the yolke from the white, as much of Bole armoniac as a Dones Egge, then beate the spices verie fine, that doone take altogether and beate them: then put them in a quart of strong Ale, stirring all these together, then straine them, and seeth the same till it come to a pint, then giue the parties so grisued, so drinke thereof first and last.

*Handwritten notes:*  
To be used with a little wine or water  
To be used with a little wine or water  
To be used with a little wine or water  
To be used with a little wine or water

## The Pathway to health.

77

Also take Alligant and thicken it with Rice flower, as you would make pappe, then spread it vpon a peece of redde leather as broade as your hand: and for a child lay it beneath the navel somewhat warme, and it helpeth.

For the fluxe or laxe.

¶ Take Redde-rose budde, and clippe off the whites from the leaues, and dry them, and make powder of them, and glue it to the partie so grieved in a catwell, and at thre times drinking it shall ease him. And if the partie be weake, to make him a Tansie of Camphier, Planten and Archangell, a little at a time, asmuch as an Egge. You may gather these hearbes in Sommer to serue in Winter.

To helpe the bloody fluxe.

¶ Take two handfull of Plantaine leaues, and sceth them in faire water, and let it seeth till it bee sodden to the one halfe, then take the same water, and straine it through a cloth with out any wringing thereof, then with the same water make rice pottage, and let the patient eate thereof a good messe, and it will stop the bloody fluxe.

Another for the same.

¶ Take Henne crosse, and the crops of Wood-bine, and stampe them, and temper them with warme Redde-wine, and glue the sicke thereto to drinke, and let him eate for thre dayes together each day five Laches with bread that is hote, and drinke no drinke but Red-wine warme, and he shall be whole, and let the sicke haue a stoele with a sledge, and make there vnder a little Char-cole fire, and let it be closed round about with a cloth that no ayre may enter: proued.

For to fret away dead flesh.

¶ Take Hennes bones and burne them, and the Shelles of tenne Egges, stampe them and make powder of them, and lay it to the dead flesh, and it will fret it away.

## The Pathway to health.

Another for the same.

¶ Take greene Copperis and burne it, and as much burnt Allam, and asmuch Verdigreace, and grind them altogether, and vse thereof as you neede, and it helpeth: pꝛoued.

To abate proude flesh.

¶ Take Honny and clarifie it, and skimme it with a feather, and take the white of, and take a quantitie of Verdigreace till it be greene, and lay thereto.

To rayse vp flesh.

¶ Take red nettles and bzay them small, and put thereto thꝛe or foure coꝛnes of Salt, and mixe it with Butter, and lay it to the soꝛe, and it will make the fleshy to grow, and to be moꝛe fairer then euer it was befoꝛe.

To take the fire out of any soꝛe.

¶ Take a quantitie of Rose-water, Sallet-oyle, an Oxe gall, Houndlake, the iuyce of each a like quantitie, and so beate the altogether till that they be all one, and so annoint the place, and it will take away the fire.

For the Gout, a most precious medicine.

¶ Take a good handfull of Kewe, as much of Plantaine, and asmuch of Redde Sage, and stampe them as small as you can, then take halfe a pound of black Sope, and a penny-worth of the Treacle of Iane, and meddle all these together: then put them in a close vessell, and when the paine beginnes to come, make thercof a plaister, and lay it thereto, and hee or she shall be eased within an hower: pꝛoued.

For the red Goute.

¶ This experiment is pꝛoued best. Take Quicksiluer, Brimstone thꝛe parts, and two of Quicksiluer quenched with fresh greace, and the iuyce of Carth-bind, and a little of swines gall,

## The Pathway to healch.

78

gall, and meddle altogether : and put it into bores , and when  
made requireth, annoynt the place, and you shall be whole.

For the Gout that is bolning.

¶ Take Beane leaues sodden in water, then meddle it with  
Swines greace, and lay it to the soze place, and it doth awaie  
all the bolning.

Also for the same you may take a Fore and make oyle there-  
of, and therewith annoynt the patient.

For the Gout that is in the bones.

¶ Take three tolles of Rie-bread, and tost them well, and  
then lay on a dishfull of Garlick, and stampe them, and lay it  
on the Gout as hote as may bee suffered. Also Malwort sod-  
den in Wine till it be well thicked, and the soze annointed with  
the same, is very good. Also Pettles stampt and layd vpon the  
Gout, helpeth it.

An oyntment for the Goute.

¶ Take an olde fat Cat and flea her, and draw forth her  
guttles, and bray the Cat, and put her altogether in a fat Can-  
ders belly, and put thereto halfe a pound of Pepper, Mustard-  
seede, and Barley seede, of each foure ounces, Mozme-wood and  
Garlick a good quantitie, Bole armoniacke sixe peny waight,  
then rost it, and the greace that droppeth from the same kepe  
it, and annoynt the Patient withall, and by the grace of God  
the ache will goe away, for being thoroughly annoynted there-  
with, it presently helpeth him.

For the Gout a remedy.

¶ Take a handfull of Rue, as much Canell, as much Tur-  
pentine, of red Sage, of each of these a like much, stampe them  
all as small as you can, then take halfe a pound of black Sope,  
and mingle all these together, and put them in a close vessell,  
and when the paine beginneth for to come, make a plaister  
thercof, and lay it thereto, and the party so greued shall haue  
sale within one heure.

For



## The Pathway to health.

For the Goute in the toes.

¶ Take the roote of *Fragon*, *Hattelon*, and the roote of *Lannerooy*, stampe them and drinke them with White-wine every day a pottle fasting.

For the Greene-sicknes.

¶ Take *Betonie*, *Harts-tongue*, *Linerwoort*, of each a good handfull, a *Fennell* roote, washe them and bruse them, and put them in a Skillet with a quart of Ale, two spoonfulls of *Alisan-der* seedes, and foure good sticks of *Licozis*, let all be brused, and boyle all in the Ale till it bee halfe wasted, then straine it, and make it sweete with Sugar, and put into it a little *Haces* and *Putmegs*, and vse to drinke thereof warme, morning and evening, thre or foure spoonfulls, and like-wise when your fit doth come vpon you.

Another for the same.

¶ Take the keyes of an *Athen* tre being dyed and made into powder, and take of *Red-fennel*, *Red-sage*, and *Parierum*, and *Betony*, and seeth them in running water from a pottle to a quart, then straine them, and drinke thereof a good draught with Sugar, morning and evening take warme.

For gnawing and aking in ioynts.

¶ Take hearbe *Bennet*, *Sheepes* suet, and *Oyle* *Olive*, drie them together, then take it off the fire, and make thereof a playster, and lay it to the soze, and it will ease you.

For a hardnes in the body.

¶ Against the hardnes of the body, take a good quantitie of *Lilly* rootes, with an hearbe called *Brancha vrsina*, and the roote of *Hallowes*, and *Holly-hock*, and temper them altogether in wine, and Oyle twelue dayes, and then straine it, and in straining put thereto waxe and oyle, and make an oyntment thereof, and therewith annoynt the hard-bound body.

Against

**Against heate in the bodie.**

¶ Take and eate ripe Berries, and drinke the iuyce thereof, it is very good for them that haue ouer-much heate, for it cooleth them: and an electuary made of these Berries, is verie good for them that is graued with ouermuch heate in the body.

Also take the distilled water of Dre dunge, it is very good and profitable for the same.

**A medicine for the Blacke Jaundies.**

¶ Take Gentiana, long Pepper, Calomus aromaticus, Anence, Keysons, Currons, white Soap of Spaine, of each of these one ounce, and two spoonefuls of Muskerd-seed, and boyle all them in a quart of Wine till the third part be waisted.

**Another for the same.**

¶ Take Angell towchis, and grinde them small, but first  
wash them as cleane as ye may, then put thereto a quantitie of  
Peates-foote oyle, and a quantitie of Vineger, drinke this me-  
dicine cold three times, and it will cause you to cast out all the  
Scknes in your body presently.

**Another for the same.**

¶ Take fennell, sage, Parsely, Gromwell, of each a like  
much, and make postage thereof with a peece of good Bozke,  
and eate no other meate that day : pꝛoued.

**For the yellow laundies and green sickness.**

¶ Take of Rhois made into small powder, halfe an ounce, of Turmericke three quarters of an ounce, as much of Saffron as the weight of a groate, compoūde all these well together, and vse to drinke of this potion first in the morning, and last in the euening, with a draught of good stale Ale: but if you take it for the blacke Jaundies, you must first purge melancholy, and for the greene Jaundies without purging: and this medicine will helpe both, as hath bene proued.

A point of view from the ground  
with a view of the ground  
barren land & a view of the ground  
a view of the ground

For

## The Pathway to health.

For the yellow Iaudies.

¶ Take a great white Onion, and make a hole where the blade goeth out, to the bignes of a Chestnut, and then take Treacle of Iane, as much as will fill the hole, then take halfe an ounce of English Honey being beaten, & so compound the Treacle and Saffron together, and put it into the Onion, and sette them against the fire, and rost it well that it do not burne, and when it is roasted, straine it through a cloth, and giue the iuyce thereof to the sicke thre dayes together, and it shall help them.

Another for the same.

¶ Take a redde Docke roote and scrape it, and lay it in a quart of strong Ale all night.

Another for the same.

¶ If the patient drinke the Hope of Spaine, and the shavings of Iuoy, it is very good for the yellow Iaudies, being either olde, or young.

To expell the venim of the Iaudies.

¶ Take of running water a pint, of Endiue and Succory, of each halfe a handfull, let them boyle till the halfe be wasted, then straine it: and put thereto of Kubarbe one dramme and a halfe, and of Spignard a halfe-penny weight fine beaten, of Sugar thre ounces, and let it boyle a little and then take it off, and let it stande close couered all night, and the next day earlie straine it, and giue the sicke to drinke thereof fasting, and abstaينه from meate two howres after.

For the Iaudies in young children.

¶ Take of Kubarbe, of Turmericke the waight of tenne pence, of white sugar Candy as much, of Spignard the waight of thre pence, make all these in fine powder, and mixe it together, and thre dayes together take thereof in white Wine, or Rhenish Wine.

Another

Another for the same.

¶ Take Turmerick, Saffron a penny waight, the shauing of Tnoꝝ foure pence weight, the shauing of Harts-horne as much, a spoonfull of the iuyce of Capilly veneris, made into powder, and drinke it in Wine, and put thereto a pretty quantitie of Sugar, and it helpeth the same.

For an Impostume.

¶ An Impostume is a swelling or aking out of kind, and it is either of a corrupt humoꝝ that must be broken out, or else of superfluitie of a humoꝝ that should nourish that limme.

First there must bee giuen a Purgation, after that repercussions a maturatiue.

The remedie.

¶ Take Holly-hock, Licoris, Lintseede, dry Figges, Lillie-roots, and Ziniper berries, seeth them long in water, after doe away the licoris & the Ziniper berries, and bray well the other, then put thereto Barly meale, Lintseed, Fenegræk, and boile all these together well, and annoynt it first with fresh Butter, and this ripeth postumes within & without, and it is good in an harde and dry impostume though it were as hard as a stone: repercussions to finite inward, the matter againe shoulde not be vsed in childzen nor in old men, neither where matter is wooddysch or seruent, nor where the water is much, now and then in the burning of sickness, in the nigreforis as graueth, when the postume or botch commeth of nobler lim or member then it is on, then shal he be riped there, and not driuen away fro destinyary dread of the better member, the which abjecting of the postume, and of the venimous matter thereof, repercussions must be taken in tunc ere that the matter be ful seged, and ere it be corrupt and rotten, and that is good commonly with the iuyce of cold hearbs as petty moꝝrell, purslaine of the wood, and vmbelicus veneris, with oyle of roses, and a little ayself, a little Bole armoniack, and cold oyntments, as Popilion or vnguentum album, or the colde

## The Pathway to health.

oyntment Iusquinianus. and Poppy and lead, and seeth greene Plantaine, and Vinegar, and the white of an Egge.

To breake an impostume.

¶ Take a Lilly roote, and an Onion, and boyle them in cleane water, till they be soft, and then stampe them & fry them with Swines greace, and lay it to the impostume as hote as the patient may suffer it.

To ripen an impostume.

¶ Take Myrre-wood, Gallowes, Mugwort, of each a good handfull, stampe them, and mingle them with a quarter of a pounce of Swines greace, and fry them: and put to it a handfull of Wheaten branne, and a little White wine, of Honey foure ounces, boyle them till they be thicke, and lay it hote to the soze place.

For an Itch or breaking out.

¶ Take an ounce of Quick-silver, two ounces of Baies, and mingle them well together untill that you can see no Quick-silver, and put it into a bore, and annoynt the patience once in 24 howres, and it shall kill the itch.

Another for the same.

¶ Take Frankensence and bray it small in a Morter, and meddle it with Oyle de Bay, and there-with annoynt thee all ouer, and it will destroy the itch.

For all itches.

¶ If the itch be in the heate of the wycke, then let the patient drinke every day, or other day, of the iuyce of Femitoze, vntill fasting, and in the Winter let him drinke the sirrop of Femitoze with warme water, for it clenseth all scabbes and other corrupt humors that ensueth, as leprosie: and clenseth the blood in the vaines.

For

For the itch another remedy.

¶ Take the iuyce of Peniriall, the iuyce of Hauens, and the iuyce of Scabions, the iuyce of Sage, the iuyce of Pellitozie, and Barrous greace, and black Sope, temper all these together, and make a salve for the itch.

Also, take Feinitoye or Earthe-gall, and seeth the same in Wine, and it is very good for the itch.

Against grieuous itches, eyther in men  
or women.

¶ Take the iuyce of Calidon, Tapsi Barbasti, of Hony purified, an ounce, beate them altogether till they bee wasted, and set them on the fire, and when they haue simmered take it from the fire, and reserve it to thy vse, and when thou wilt vse there, or against itching, take thereof as much as thou wilt, and put thereto of burnt powder of Vicriall, of burnt Allam, of each a like much, and vse this till that thou be well.

For the Ring worme.

¶ Take of the gumme of a Cherry tree, a good quantitie, of the gumme of a Plum-tree as much, and dissolve it in Vinegar that is verie good, and oftentimes annoynt the soze place therewith, and it helpeth.

For kernells, or Kings euill.

¶ Take two ounces of the water of Broom-flowers distilled, and give it to the patient in the morning fasting, and it will purge the euill humour downeward, and wasteth and healeth the kernells without breaking them outwardly.

Also if you seeth the water of Broom-flowers, and put it in the patients Wine, it will doe him great ease.

Also if you stampe Cuccow pintle with Bozes greace, and lay the same to the place, it helpeth.

Also if you make a plaister of redde Docke, and stampe old greace therewith, it helpeth.

## The Pathway to health.

For the Kings euill.

¶ Take the roote of Bziery 02 of Aristologia longa, 02 Smerewoxt a like much, and beate them with Honny, and old greace, and lay it there-unto.

Also take Beanes, and mingle them after they bee beaten, with the gleare of an Egge, 02 old Dyle, and it will dissolue the kernels 02 Kings euill.

Also if Darnell be sodden in wine with the dunge of an Asse and Linseedes, and being drunke it helpeth mightily.

Take of the decoction of the barks 02 piles of Coppoiz, and Sperage, and annoynt it with this oymnt.

Take a gray Serpent and cut off his head and tayle, about foure inches thereof, and afterwarde, with the greace of that Serpent annoynt the said soze,

For a Laxe.

¶ Take Scene an ounce, Kubarbe two penny-woorth, Spignard a penny weight, infuse the same with white Wine, 02 water of Englasse 02 Bozage, of each halfe a pint, and warme them scalding hote, 02 boyle them a little, and so let it stande al night, then warme it in the morning and straine them, put in a little Ginger, and Sugar, and so drinke it all warme, till that thou be well eased thereof.

A powder laxatiue.

¶ Take halfe an ounce of Scene in powder, a quanty of Spignard brused, and an ounce of Ginger in powder, bruse all these very well, and put this into the soft pappe of an Apple, and so vse to take a pretty quantitie of this to bedward.

A powder for a laxatiue person.

¶ Take in Sommer the white flowers of Elders, as much as y<sup>e</sup> will occupie all the yeere, and dry it two 02 three dayes in the Sunne, and then put the same into a bladder, and when you will occupie it, dry it as you do Saffron, and put a little in  
an



## The Pathway to health.

82

an Ale berry, oz in a messe of pottage, and incontinuent he shall haue thre oz soure stoles.

For the Leaper, a medicine.

¶ Take the ioyce of black Berries, and temper it with sir-rop made of wilde Sage, it is good for them that bee leapyous, and they that feare the comming of it, shold vse euery morning to drinke halfe an ounce thereof.

Another medicine for the Leaper.

¶ Take and make a bath of strong Wine that the leaues and flowers of Elder is sodden in, for it greatly profiteth them that be like to fall into lepro by reason of fleame.

¶ Also a bath made in water that Scabbious and Poleyne is sodden in, is good for them that haue the spice of the Leaper, called Alopie, in the which the hayres fall.

To make a man leane.

¶ Take and fill a panne full of Filberds flowers, and seeth them a night and a day, and put thereto Wine that they dry not, then let the Wine be strained, and let the patient drinke it fve dayes together in the month of February.

For the lunges.

¶ Take Southernwood, and meddle it with Licoris and Slope, seeth it in Wine oz water, make it swete with Sugar, and so drunke, is very good for all diseases of the lunges & breast, when the sicknes commeth of cold, the breast shall be annoynted with vnguentum dialchea, and it easeth.

¶ Also the broth of a Crenes is good for the paine in the lunges consuming, as when a man hath a swelling about the lunges, then he commeth to drynes and consuming of the naturall moisture till he dieth. Also the roote of wilde Rapes are good to cleanse the lunges, if it be sodden with Licoris, and drunke. Also, if figges be sodden with Slope, it cleanseth the lunges and healeth the old cough.

For

## The Pathway to health.

For the Morpew.

¶ Take water of Elder, and drinke thereof three spoonfulls in the morning, and when you haue drunke thereof walke vp and downe till you catch you a good heate, and then take a pint of white Vinegar, and nine Wake apples, and cut them and lay them three dayes and three nights in the same Vinegar, and after take a faire linnen cloth, and put the Apples therein and then straine them, and with the licour thereof annoynt thy body three dayes.

Also take the iuyce of Melidon, and mingle it with the powder of Wymstone, and doe it to the Morpew all cold.

Also for the Morpew white or blacke, take Musterd-seeds and salt, and stampe them together: then temper them with Vinegar, and annoynt the Morpew therewith.

For the Morpew, white or blacke.

¶ Take an ounce of fine Verdigreace, and one ounce of Wymstone, and make them both into small powder, then take two Sheepes heads that are fat, and flea them, and cleaue them and take out the braine and cast it away, then wash the cleane, and seth them til they be tender, and then take them off the fire, and let them stand till the next day, and then gather off all the greace thereof, and mingle the foresaid powder therewith, and then put it in a bore, and let it come neere no fire after thou hast done them together, but worke them all cold: and it will heale the Morpew, bee it white or blacke, if you annoynt the sicke therewith against the fire euery night when he goes to bed, and in the morning wash it away with Vinegar.

Another for the Morpew.

¶ Take blacke Sope, and put it in a cleane Cloth, and put it in your owne vyne, and there with annoynt the Morpew. Also let the partie graued, drinke morning and evening, water of Femitojy, and water of Bozage, mingled together, in like portions, and within foure teene dayes it will helpe him cleane.

*Handwritten notes in a cursive script, likely a later addition or a different version of the recipe, mentioning 'Also' and 'water of Bozage'.*

## The Pathway to health.

83

Also take greene Copperas, and put it in cleane water, and let it stand a day, and then cleanse the water, and then annoynt the Boypheew with the water.

A medicine for the Marmole.

¶ Take Broom flowers and dry them and beate them to powder, and temper the powder with oyle made of Mintes, and a little Vinegar there-with: and annoynt the soze there-with. Take great Wall nuts as they grow, huskes and all, and bzap them in a Morter, and temper it with oyle Olive, and fry it in a pan, and put thereto a quantitie of pitch in the fryng thereof, and straine it through a linnen cloth, and there-with annoynt the soze, and lay Plantaine leaues about the back toward the soze, and euery morning wash the soze with Spadder water.

For to heale a Marmole.

¶ Take a pinte of clarified Honny, and a quart of running water, and a great quantitie of Sage, and seeth them together as well as thou canst, and wash the wound with the licour, and lay a Sage leafe on the wound.

Another for the same.

¶ Take oyle Olive, and annoynt the soze there-with, and lay thereon a Plantaine leafe, and euery morning wash the soze with Spadder water.

For to cure a Marmole.

¶ Take fresh Beame, and the kernels of ripe Putts, and stamp them small as may be, and blende them together with Aqua vite, and Honny, and make them thick as a plaister, and lay it on a linnen cloth, and put to the Marmole, and as often as ye shall change the plaister, ye shall find it full of red woymes, and therfore keepe this medicine thereto fresh and fresh, til such time as the woymes be cleane out, but looke that you claw not your legges to make them bleede.

## The Pathway to health.

A maturatiue to ripen a botch or a bile.

¶ Take slower dew, and white of old Swines greace, and beate them together, and put thereto salte, and the powder of Comin, and mingle them well together, and make a plaister thereof, this ripeth and breaketh impostumes, but my Plaister did put thereto powder of Fenegreek, and the yolke of an Eg at one time, if there be much, so, failing of the hart.

How to make Neruaile for all aking.

¶ Take two pound of wild merse, and a pounce of Ambrosen, and a pound of Camemile, a pound of Betony, and a pound of Sage, a pound of Spints, and a pound of Walwerw, & a pound of Southernewood, a pound of Bugwort, and a pound of Wormwood, a pound of Gallows, and a pound of Holly-hock, a pound of Hoze-bound, and a pound of red Pettles, a pound of Lorell leaues, and a pound of Liverwort, then take all these herbes and stampe the in a moyster small, and do thereto thre or foure pound of May butter, and a quart of oyle Olive, and stampe the together, then doe them in an earthen pot, and couer it wel, and set the pot in a moist place, and let it stand nine dayes, and the tenth day take it out of the pot, and put it in a pan, and set it on the fire to seeth, and stirre it that it too not cleane to the pan, and when it hath well boiled, take it from the fire, and straine it through a cloath, a little and a little into a faire vessell, the take that licour, and put it in a cleane pan, and sette it ouer the fire, and do thereto a quarter of a pound of Shapen tallow, melted, and as much Frankensence well broken in powder, and stirre them well together, till it be molten, and then take it from the fire, and let it stand and coole, and make thereon a hole, and let out the water thereof: and turne it on the other side, and doe againe: and waic the foulness thereof: then take it, and do it in the panne againe: and set it ouer the fire till that it be molten, and then do therto a pint of the greace of a Gray, if you may haue it, then with a feather scum it cleane, and put it in bores, and this is the kindly making of Neruaile, and this ointment is hote.

To make Neruaile to helpe all finnewes, and to  
put them in theyr strength.

¶ Take Ambrosen, Camemile, hearbe John, hearbe Water,  
hearbe Robert, Eglantine, the leanes of Crosse wood, Fe-  
negreke, Laurell leaues, as much thereof as of all the other,  
bryake them and lay them in white Wine, and let them lye so  
fourteene dayes, then take a pottle of greace & a quarte of May  
butter, and of oyle Oliue, and boile them together, and straine  
them, and let them coole: and so vse it to the Iynck sinewes.

Heere followeth the making of diuers kindes of oyles,  
and it shoves which be hote, which be cold,  
according to the opinion of Ipcras  
and Gallen.

Oyle of Roses.

¶ Take and fill a glasse full of Rose leaues, and put thereto  
one pound of oyle Oliue, and stop it well, and set it in the sunne,  
stirring it every day once for the space of xv. dayes, then straine  
it through a cloth, and put it vpon cold water, and stirre it with  
Yasell wood, but take the barke off, and this is moist and colde.

Oyle of yolkes of Egges.

¶ Take yolkes of Egges, and put them in a pot ouer the  
fire, and let them so stand ouer the heate of the fire till you per-  
ceiue they are become black, then put them in a presse, & presse  
out the oyle, and this oyle is good for all manner of burnings or  
scaldings what soeuer.

Oyle of Henbane.

¶ Take the seede of Henbane and fry it in oyle, and presse  
it through a cloth, and after ward put the same for your vse into  
seue glasse, for this oyle is good for all maner of swellings, and  
burnings in the ioynts.

## The Pathway to health.

### Oyle of Mandrakes.

¶ Take and cut them in diuers peeces, and seeth them in a double vessell of glasse, and set them in the Sunne, and let it stand nine dayes, then set them on a small fire till they be thick, and keepe that oyle, for it is good for all festures.

### Oyle of Lorrell.

¶ Take Lorrell leaues and bray them in a Morter, and let it stand two or thre dayes, and then seeth them, and straine the through a cloth, and that which heaueth aboue, is the oyle.

Also take Lorrell Berries when they be greene, and seeth them in oyle, and straine them, and it is good oyle.

Also take Lorrell berries when they be ripe, and seeth them with Lorrell leaues, and thereof thou shalt haue the best Oyle, and this oyle is good for diuers cold causes.

### Another sort of oyle, very necessary for diuers purposes.

¶ Take Almonds or Puts blanched into a pot full of holes in the bottome, and set that pot vpon a seething pottle, that the breath of the seething pot may enter into the other pottle, and forcing these kirkels receive that oyle, and keepe it in a glasse, and this is good for diuers purposes.

### To make oyle of Mustard-seede.

¶ Take foure pound of Mustard-seede, and foure pounce of oyle, grinde them together, and let them stande so nine dayes, then stir it and keepe it in bores: this oyle is good for the pale-sie, the gout, the stich, and also for the Podagra.

### To make oyle of Fennell.

¶ Take a quantitie of Fennell betwene two Tile stons, or plates of yron, make them very hote, and presse out the liquor, and this oyle will keepe a great while, for it is good for the tick, the scab, and for burning or scalding.

To

To make Oyle of Rew.

¶ Take rew leaues and cut them small, then put them in a pot with common oyle, the space of nine or twelue dayes, then seeth them till they be wasted to the thurd part, then straine it, and this oyle is very good for to restraine from all manner of pcurie causes of pestilence, which are remaining within a man, woman, or child.

To make oyle of Iuie.

¶ Take Iuie leaues and bruse them, and put them in wine and oyle in the same manner as you doe Loxrell berries, and so make thys oyle of Iuie berries.

Another for the same.

¶ Take Iuie berries with the leaues, and seeth them after the same manner as you doe the Loxrell berries, euen so doe by the Iuie berries.

To make oyle of Cammemile.

¶ Take the flowers of Cammemile and stampe them in a Morter, and put thereto oyle Olive, and let it lie in the iuyce twelue dayes, and let it seeth ouer the fire, then let it boyle a little, and take it off and presse out the iuyce, and put it into small glasses, and put thereto the flowers of Cammemile beeing stampt small, and let it stand 16. dayes, and so this oyle is made.

To make oyle of Roses.

¶ Take red Rose leaues a good quantitie, and stamp them in a Morter, and put thereto oyle Olive, and let it stande in the Sunne twelue dayes, and then put it in a glasse, and binde fast the glasse about with ropes of Hay, and set it in a panne full of water, and let it boyle softly two howres, and then let it keele, then put it in small glasses, and put thereto the leaues of redde Roses all whole, and stop it fast, and set it in the sunne for fiftene dayes, and so vse it at your neede.



## The Pathway to health.

To make oyle of Olibanum.

¶ Take Bawme flowers a bushell, and picke away the buds, and beat them, and put thereto fresh butter, and a quart of swines greace, and a pottle of oyle Olive, & put it in an earthen pot or panne of thre gallons, and stop the mouth fast with dowe, and set it in the ground, and take a tile and doe it vpon the mouth, that nothing doe come thereto, and let it stand fortie dayes vnder the ground, and at the fortie dayes end see that you be not fasting, then take a pan with a ladell and put it therein, and set it ouer the fire, and giue it thre waumes vpon the fire till it be greene, then take it from the fire, and straine it into a pewter Basen, and do it in an earthen vessel where you will keepe it. This is the true making of oyle of Olibanum, and it is moist in working: it is good for all manner of sores, but especially for the mozimall and Canker, and for Noli me tangere, or for any other sore, proued by many Plaisters of Chirurgery.

To make the oyle of Exceter.

¶ Take two pounce of Cowslip flowers in May, and put them in oyle Olive, and then put them in an Earthen pot close, vntill the month of June, then take these hearbes following, Rozrell, Ambrose, calamint, pellitorie of Spaine, Sage, Peritorie, Scabions, Lauender, hearbe John, Lilly roetes, Rosemarie, of each a handfull: buy all these in a Hostler, then take the Cowslips out of the oyle, and buy them as you doe the other hearbes, then put them in a pan and boyle them together softly, till all the water be cleane sodden away, for if the water bee in the bottome, let it seeth till it be wasted, and then straine them through a cloth with cleane hands, and when your oyle is kindly brought, then put it in pots or glasses, and stop it from the ayre. This oyle is good for all aches, except the Gout.

To make an oyle for many greefes.

¶ Take Pirrhe, Aloes exaricum, Spignard, Sandragon, Incense, Sarazens flesh, Bedilum, Balme sode, gum Aromatick,

tick, Siraell, Bastick, Saffron, gum Arabek, Storax liquida, of each of these two ounces, Labdanum Castor, of each 2. ounces, Huske, and Turpentine, as much, make powder of all that wil be powdered, and meddle them with Turpentine, and fill them in a glasse as you doe Rosewater, and keepe it in a very strong glasse. This oyle keepeth the substance of mans lims and the sinewes, and keepeth dead folkes from rotting, being medled with the oyle of Roses, and annoynt all thy back from the hart of the foze-head to the raynes, and it maketh a leane body fat: and if the backe be annoynted befoze the aris, it helpeth the feauers, and for him that may not speake: it is good for the rising of the Spother, for the falling euill, for to be put in his eares, and in his nose.

Also it is good for them that be sozry without a cause, and for them that be drunken with Wine: and it is comfotable for all diseases be they hote or cold. p.owned.

To make a greene oyntment.

¶ Take a pounce of Swines greace, an ounce of Clerdis greace, halfe an ounce of Salgeme, and make thereof an oyntment, and it may bee kept forty Winters: and this oyntment is good for the Canker and for running holes, and for to heale all wounds old and new, it fretteth away dead fleshy, and bringeth new: and put of this into a wound & it shall not fester, and this oyntment is good for the rising of the yare or mozimal, and there is no oyntment that woꝝketh so especially as this both.

To make a greene oyntment.

¶ Take one pound of Sage, of Bayes halfe a pound, of rewo halfe a pound, of Cloyme wood as much, and choppe them very small altogether: take thre pound of sheeps sewet, beate the hearbes and the sewet together till they be all one, then take thre pints of Waller oyle, the herbes & the sewet mingle them together, and let it stand two dayes, and then sette it on the fire and stir it together till the hearbs be somewhat hard, the straine them, and pꝛeserue them to their vse that haue need thereof.

To

## The Pathway to health.

To make a precious oyntment, called Deweto.

¶ Take the raseng of Harts hogne 2. pound, of Fenegrike 1. pound, of oyle Olive 4. pound, Herpes tallow 1. pounce, and 2. ounces of Galbanum, 2. ounces of the gum of Zote, and two ounces of Berrosen, and bray them together, and do thereto a portion of white Wine, or of water: and so let it stand 3. dayes, and on the 4. day let it seeth over the fire till it waxe thick, then take it off and straine it throught a cloth, and put thereto a little hote water for the thicknes, and straine it as harde as you may betwene your hands, and take the third deale of that licour and put thereto two pounce of oyle Olive, and let them boyle well, till they be some what wasted, & put thereto a portion of waxe and of Turmentill, and do it to the other licour, and let them seeth well till it waxe thick, then do it off the fire, and let it keele, and then put it in boxes. This oyntment is good for great greuaunce of the stone, and for the aking of the ribbes, and all hard greuaunce: it maketh them nesh, but the partie must be annoynted against the fire, for this hath been proued.

To make a good oyntment.

¶ Take of Smalage and Gallowes, and put thereto two pound of Bores greace, one pound of Bay butter, and oyle of Peates seate a good quantite: stampe them well together, then fry them, and straine them into an earthen vessel.

A medicine for the pallsie.

¶ Take oyle Olive and the flowers of Cowslips, put them together, and still them in a glasse in the sunne, and then take two spoonefuls of the oyle that shall come of it with a spoonfull of Aqua virz. and warme it on the fire in a saucer, & so annoynt the place which is benumb or graued, and the patient shall find very great remedy: proued.

A medicine for the Pallsie.

¶ Take a handful of Parigolds, beate them and wring out the iuice therof with a draught of Ale, & put to the same a spoonfull

## The Pathway to health.

87

full of as good Pusterd that may be gotten, warme this drinke thre times, and so giue it to the party so greued.

Another medicine for the palsie.

¶ Take Cowslips, wild Sage, Laucnder, and stamp them small, and worke them with sweet Ale, and make them vp in balls, and make holes in them, and fill them full of sweet oyle, and let them stand infuse nine dayes, then take them & temper them againe with sweet oyle, and then fry them, and straine them, and so annoynt the party so greued with the palsie.

An electuary for the palsie.

¶ Take Spints, Cinamon, Comin, Rose leaues dyed, Gallick, Fenigrake, Valerian, Ameos dorinici, Zedoarye, Cloues, Saunders, and Lignum aloes, of euery one a dram, Puske halfe a dram, make an electuary with clarified hony, and let either man or child that hath the palsie, take halfe as much as a nut. Also a bath made with these hearbs, Sauery, Parierum, Time, Sage, Pep, Smallage, and Spints, are very wholesome for the same.

A plaister for a man that is benumbed in any member with cold or palsie.

¶ Take Hauine, Run, Sage, Pustersæde, and temper it with white Wine, and make it as thick as it were a plaister, and so let it stand in a vessell a day and a night, and then lay it on a cloth thick, and lay it to the member benumbed.

For the pricking of a thorne or needle in a ioynt, and the hole stopped.

¶ Take fine bolted flower of Wheats, and temper it with white Wine, and boile it together till it be thicke with white Wine, and lay it to the soze as hot as you may suffer it, and it shall open the hole and draw out the venim and cease the aking, and heale it againe, this medicine is good to heale a bile or any whitlow or Uncome.

Z.

For

## The Pathway to health.

For the pricking of a thorne.

¶ Take Father rootes and grind them small, and boyle it with oyle Olive, and lay it therunto, ozels with the aforesaide oyle anoynt the soze place, and it will doe thee good.

A preparatiue.

¶ Take of Endiue, Succory, Parts-tung, Bozage, of each a handfull, of Persly roots, Fennell roots, Fumitory, and the tops of young Hops, of each a quarter of a handfull, of Lime, Betony, Germaunder, of each foure crops, great Raizons a handfull, of Licoris a little brused, halfe an vnce of Fenell seed, seeth all these in a pot of faire water to the halfe, then put ther to fire sponcfuls of vineger, and after one boylng straine them without pressing, then take the clearest thereof, and if you will make a sirrop thereof, put to a pint of the broth, a pound of Sugar, and in the boylng therof put ther to a little Cinamon brused, the weight of eight pence, let him drinke of this soure good sponcfuls, with fire sponcfuls of Bozage water warmed fasting in his bed, and sweat after it.

To make an excellent Millot plaister.

¶ Take of greene Millilot brused ten handfulls, boyle it in a pottell of white Wine to the waisting of the halfe, and straine it, then put therto of Rozen a pound, Ware as much, Shepes fallow foure vnces Turpentine thre vnces, Mastick one vnce, boyle all saue the Mastick, untill the waisting of the iuice moze then halfe, then bruse other fire handfulls of Millilot, and put to it while it is a boylng, and stir it well while it hath a play or two, then take it from the fire, and straine it while it is hete through a course canuas bag, and with wringing and iumping betwene two round staues, till by little and little, the stufke, gums, and iuice be come all out as much as you can get, and when you may handle it, put therto your vnces of Mastick fine, lie powdered, add make it in rowles, mingle your Mastick in the handling thereof.

To

To make the powder of life.

¶ Take Spinage, Columbine, Camomell, the seed of Fe-  
mitory and Marigold, of euery of these wyces and seedes one  
handfull, and drye them out of the Sunne, and make thereof  
powder, and giue it to drink either hot or cold: for this hath been  
proued a medicine full true.

The Philosophers Stone so called for medicine to cure all diseases  
both within and without, Fistules, Canker, Poxe, Falling  
sicknes, Woolfes, S. Antonies fire, and all incu-  
rable diseases, proued.

¶ Take Celondine leaues salt by the roots in May or June,  
and sothe them in running water, vntill such time as they doe  
come to pap, and as pap take them forth, and grind them on a  
stone very fine as Greene-sauce, and let it be no dryer, then put  
them in a glasse with a Limbeck head & a receauer, but it must  
be stilled in Balneo likewise, receaue the first water by it selfe,  
and when it beginneth to drop somewhat slowly or to change,  
then take that receauer away, & put another to it, and then take  
that as long as it will stil, then take that glasse away, and keepe  
it closely and sure for that is the fiery element, and the first is the  
water, then let your glasse cole, and then set it in ashes in a  
dry Furnace, and draw the last water by it selfe, for that is the  
ayre, and that that remaineth in the bottom is the earth, which  
earth you must take out and grind it on a stone fine, and let it  
stand vpon the stone for to dissolue into water, for so it will in  
time so that the stone stand in a moist place, but you must re-  
member to close your stone round about, that the water passe  
not by when it is in moistnes, set your stone hanging a little a-  
side, and make a little gutter for the water to run into the glasse  
in the which glasse it must be congealed vntill it come to earth,  
therfore to stop your glasse that nothing doe goe out but that all  
may come to earth again, and thus with that earth grind it and  
dissolue it, and congele it two or thre times for it is better, and  
Z 2 then



## The Pathway to health.

then this earth will doe great wonders, all diseases it will run through and all wounds, and cause the same for to heale surely, and being drunke with your Aurum potable, and as much of that earth as a Hasell nut drunk, and this will expulse all wicked humors out of the that no ill can grow in the body, if you so vse it but once a weeke with the portion.

Also your first water must be skiled often, and that remayneth still in the glasse must be put into the earth for that is earth, if the Phisition doe well skill vpon the triplicities, and who hath the great gouernance in man of the triplicities, as for the earth Taurus, Capricorne, and Virgo, and for the ayre Aquarius, Libra, and Gemeni, and for the fire Leo, Sagitarius, Aries. and for the water Cancer, Scorpio, and Pisces: then who so can know the complexions in them, and minister accordingly, he shall doe great wonder with these medicines & Quintifans, and as for the earth being so vsed as aforesaid, it will dissolue siluer of it selfe, and also gold: and also heale many incurable diseases in man or woman that haue long raigned, and borne most vncurable for to be healed, Laus deo.

### To make Aurum potable et Quintescena.

¶ Take Tartar the best you can get, and fine calcenate it very white, then take a part about a pound, and let it drinke foure pound of Aqua vitæ, rectified by little and little, giue the Tartar to drinke of the Aqua vitæ, this must be done in a glasse or Limbeck set vpon ashes with a little fire, and euer keepe it close, and so being congeled in maner somewhat liquid, then dissolue it with more Aqua vitæ rectified, and by and by it will dissolue, and looke as it were Azure right in colour, then take of this water obtained of God, for to comfort his creatures, put it in a vessell of glasse againe, faire being dissolued cleane, then take fine Duckat gold, but beware of the same gold, take an vnce first fined in a teste, and then fine beaten in fine shætes, then take pure fine life hony foure sponfuls, and take a quarter of Gentiana fine searced to pouder, the gold Gentiana and hony must be ground finely and put to the Quintescens, halfe an vnce



of fine mother pearle, grind all strongly together vpon a Marble Stone, and put all into your water of Quintescens, put all into your glasse, and set it in stilling with a gentle fire, and let it still vp and downe ten or twelue daies, and then keepe it close and safe, for it is good, let it still in most balnes in any case, and then it is done. Some doe vse to make oyle of gold in this manner, they doe take vineger and put filing of gold in it or lease gold, so let it stand in the Sunne when it is hot twelue dayes, and there will arise vpon the vineger as a scum, the which you must gather with a feather, and as you gather it you may put it into your Aurum potable, or els grind it with your hony pearle and Gentiana for this gold is better, for this is one of the Philosophers great secrets hidden, this is a vertuous Quintescens or water of life to heale all infirmities, as leprogies, and as many as be in man that is hard for to heale, and if a man be a dying and haue but one dram nature within him, giue him but one spoonfull of it, and if his time be not ordained of God it shall help him certainly, and will procure him for to liue longer, by Gods prouidence prouided for man.

Note this noble deuine plaister which hath a number of vertues in him as heereafter followeth.

¶ Take Galbanum an vnce, Aromatici three vnces, Appoponaci an vnce, new May twenty vnces, oyle Oliue a pound, Bitarge of gold thirtene vnces, Olibane two vnces, myrrh an vnce, greene Copperis as vnce, Aristologia longa an vnce, Pastick an vnce, Bedely two vnces, Orimandi calamita foure vnces, make all these into powder euery one seuerally by himselfe, take a pot of earth and your Galbanum, Armoniaci, Appoponaci. and put it in white vineger very strong, and couer the pot till such time that all be molten in them, after straine it through a strainer, then put it in a cleane vessell, and set it on a gentle fire and temperate, and let them simmer together untill all your vineger be consumed, then take your oyle Oliue, and put it in the same pot, and so stir them together on a gentle fire continually,

## The Pathway to health.

and when all is molten then put in your lytarge of gold made in powder, and as you put it in you must be euer stirring of it that it may consume in the substance: and thus you must vse it untill it come to blacknes, then put in your Bedely, Olibanum, Aristologia longa, Pyrrh, Pastick, your Verdigreace, Copperis, and your Calamita, let it be all in very fine powder, and when it is sod and well boiled it will be black and red, and put a little on a stone or cloth, and if it be hard then it is sodden well, then let him sath untill such time as he be hard, and so preserue it, then anoynt your hand with oyle Oliue, and so take it forth, then make it in roles as Past, and put it in a peece of Goates skinne well and cleane made, then put it in a vessell of Lead to keepe, made like a boye close, for this is the precious diuine plaister of all the world none like it, it is a Kings icwell of health, for it is good for all diseases both old and new, and shall giue new flesh, and god that he had no better before, if a man be broken let him make a plaister, and lay it to nine dayes, it shall knit sure for euer againe by Gods grace.

The black plaister for all manner of griefes.

¶ Take a pot of oyle Oliue, a part of red Lead, boyle these together, and stir them with a slice of wood continually untill it be black and somewhat thick, then take it off the fire, and put it in a peny worth of red Wax, and a pound of Rozen, and set it to the fire againe, but you may not blase it and stir it, then take it off and let it stand untill it be cold, and make it in a lump, it is good for a new wound, or to staunch blood, poure a little of it in a dish, and if it stick fast vnto the dishes side, then it is inough, and preserue it to your vse as neede requireth.

The making of the flower of all plaisters and salues called  
Flos vnguentorum per G. K.

¶ Take halfe a pound of Rozen, halfe a pound of Perossen, a quarter of a pound of Frankensence, a quarter of a pound of virgin Wax, an vnce of Pastick, a quarter of a pound of Dears setwet,

sewet, a quarter of a pound of Shæpes sewet, two drams of Camphire, a quarter of a pound of Venice Turpentine, and melt that may be molten, and make powder of that which may be beaten to powder, and searce your powder through a fine searcer, and to compound this treate oꝝ plaister with all: your Ware, Shæpes sewet, and Deares sewet must be first molten on a soft fire, then your Oibanum, Pastick, with your Rozen and Perossen, and your Frankensence and Myrrh, and last of all your Turpentine of Venice, and as you put these gums in, you must euer be stirring it with a little sticke that it doe not grow to the kettle side with a soft fire: the gums being thoroughly molten, take the kettle from the fire still stirring of it, let your Myrrh and your Turpentine be put in the last, for that must not abide on the fire long after it is put in, then take a pottle of good white Wine, and let your strainer be of canuas, ready for to straine the sayd gums withall, and let there be no holes in the canuas strainer, then take a faire Bason oꝝ Pæce and put it in a quart oꝝ thre pints of your white Wine, and then let it runne through into the white Wine, and so let it cole for the space of two houres, and then worke it and make it vp in roles, and let the roles lye continually still in the white Wine, for it will be ~~as~~ as Allablaster, and yæ may keepe it this seauen yeares in full effect and godnes, and especiallie for all new woundes and aches being spread vpon new canuasse, and apply it to the greafe, and these be the vertues of this Flores vnguentorum.

Also this noble Salve oꝝ plaister amongst all other is most cleansing, and wel sounding the flesh, that it healeth moze in one worke then in any other, it wil suffer no corruption to be ingendred in man oꝝ woman, no: no euill flesh to grow, for all these diseases aboue named, it is the most strange medicine that euer was found: as in experience it hath bæn full many times proved and tryed.

## The Pathway to Health.

The golden plaister that healeth all bruises of vaines or sinewes, proued.

¶ Take Colofony, Pitch, Rozen, and Oyle, thre vnces, of liquid Pitch an vnce, of Olibanum an vnce, of Auri vnguenti a like of each, of Wine as much as suffiseth, and make thereof a plaister, and lay it to, and kepe it to your vse.

To make Gratia dei.

¶ Take halfe a pound of Rozen, and boile it in a pan vntill the some o; scum be come of it, then take a quarter of a pound of vnwrought Wax, and put it into the Rozen, and boyle them together as is aforesaid: then take an vnce of Shaptes seiwet, and as much of Turpentine, and oyle Olive a spoonefull, and put them all together into the same pan amongst the Rozen and Wax aforesaid, and boyle them all together vntill the some beginneth to waxe blacke, then take it off the fire and clense it through a faire linnen cloth into a pan of water, then work it with your hands, and put it out as you doe Birdlime for the space of a quarter of an houre, and now and then wet your hands in the water when it cleaueth to the salue, and then make it into roles.

To make Gratia dei minor.

¶ Take Betony, Meruaine, Pimpernell that beareth the white flower, of each thre handfuls, and bray them, seeth them in white Wine till it be halfe sodden, then poure out the Wine through a cloth, and set it ouer the fire: put thereto Perrosin a pound, Bassick a pound, Virgin wax, and take womans milk that nourisheth a man child a quantity, mingle them together boyling with a lice till it be well melt: then take it off the fire, put in halfe a pound of Turpentine, stir it well together till it be cold, then kepe it till ye neede: it is good for all new wounds and albe, for the Webbe in the eye, it suffereth no dead flesh to

## The Pathway to healch.

91

to remaine within the wounde. Also for stinging of venimous beasts, and also for all maner of impostumes, and for all sores.

To make a plaister that will heale a wounde.

¶ Take a pound of the iuyce of Betony, as much of Plantaine, the iuyce of Smalage as much, Bursa pastoris as much, and foure pound of Ware and Perrosen, a quarter of a pounde of Incense: boyle all these together with the iuyces of these 4. hearbes, till they be almost thicke, and then put therein a quarter of a pound of Turpentine, oyle Olive thre pound, and so vse it as a plaister at neede.

A methidate against poysons and pestilence, which for a trueth was prooued vpon foure Irish Gentlemen poysoned with Rat-bane, cast into a pan of Milke in Fraunce, who were so swolne that they were ready to burst.

¶ Take of the rootes of Turmentile two drammes, of all the kinde of Saunders, of euery of them a dram, white Dittanie, newe gathered and dyed, a dramme of the top of a Harts horne, or a Spitrack of pzeious stones, the fragments of orient pearle, Bole armoniack, Aristologia rotunda, of each a dram, Peniriall, Pirrh, and sewet, of each two drams, Tarra linmia, of the purest, two drammes: the seedes of Cytrons and Saffron of each a scruple, Unicoyns horne, and iacints, of each halfe a dramme. The licour to make this Eleduary is Rosewater, and the water of Borage flowers distilled: boyle your Sugar and waters to a perfection, and in the cooling put in your powders searced, and so reserue it as a most pzeious treasure, that is, also a present remedie to dyue out the Peasels, shingles, small pore, the plague pushes, and hath holpe them whose sores were gone in, and brought them out againe, and recovered the parties, and it defendeth all venim.

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To

## The Pathway to health.

To make pilles against poyson, of a meruailous  
vertue, as hath been proued.

¶ Take Imperatrice, Bistorta, Turmentilla, Valeriana, Dittamo, Bianco, Carlina, Genriana, Aristologia rotunda, Agarico, Electro, Salgem, of each a like quantity, beate them in fine powder, then take the iuyce of Carlike, and of Onions, as much as will make it into a pisse. Also put into the iuyce one dram of Saffron, then let the sayd pisse be mixt dzy in the shadow, and then beate it into powder againe, and mire it with the foresayd iuyce in good force, and keepe it in a vessell of lead untill thou hast neede, and when thou wilt vse it, take thereof 4. drammes, and make thereof pilles with Siropo acetoso, in good forme, the which thou shalt giue vnto him that is poysoned, and in short time thou shalt see miracles of this medicine: for all the aforesaid simple is in maner alone sufficient to deliuer one that were poisoned: but being mixed together, it worketh greater effect, these pilles are of as good experiment against poison as may be.

For a man that hath drunke poyson.

¶ Take Betony and stampe it, and mingle it with water, and the poyson that the partie hath drunke, will presently come forth againe.

Against the plague or pestilence.

¶ Take Matfelon, Sentuarie, Worme-wood, Horehound, of each a good handfull, and keepe them all night in a pot of Beare, and in the morning drinke a draught thereof fasting. Also to perfume your Chamber with Rosemary dried, Bay leaves, or Jenever or Rosewater, and Cloues and Olibanum, it is very good to giue childzen in time of infection, treacle with water of Dragons or Scabions, or let them chew Zedwall in in their mouthes.

To



To drive out the plague if you thinke one be infected.

¶ Take the roote of Dragons, and the roots of Polipodium of the Dale, of each like quantitie, and dry them in an Oven, and beate them to powder: and if you thinke that you bee infected, take as much of the powder as will lye on a groat, and put it in a cup of Ale, and drinke it next your hart, and it will drive out the plague, and preserve the patient.

A powder to drinke to preserve one from the plague.

¶ Take Betony, Pimpernell, Sinckfoile, Scabions, of each of all these a like quantitie, and dry them all, and beat them into fine powder, & where any infection of the plague is, drinke some of this powder in Ale warme next your hart, two mornings in a weeke, and if the infection bee great, drinke it every morning, and by Gods grace it shall helpe you.

For them that are infected with the plague

¶ Take a spoonfull of running water, a spoonfull of Vinegar, a good quantitie of Treacle to the bignes of a Walnutte, temper all these together and heate it luke-warme, and give it him to drinke 24. howres.

For the plague a remedie.

¶ Take Scabions and stampe it with swines greace, and lay it to the soze, and let it lye 24. howres unremoued, and it will take it cleane away, or else breake it, and if the patient drinke the iuyce thereof, it is very good theretoze.

For the plague a medicine.

¶ Take an Onion and cut out the roze, and fill it full of Treacle of Iane, and rost it in the fire: and then take thre spoonfulls of red Vinegar, and five spoonfulls of iuyce of Sorrel, and straine the Onion with the said iuyce, and drinke it warme, and it will helpe you.

As 2

Another



## The Pathway to health.

Another for the same.

¶ Take Breake of Tane, and stirre it together with Ginger and Cloues, and a little Saffron, and take thereof in the morning, next to your hart.

For to kill Ring-wormes or Tettors.

¶ Take unslackt lime and Sope, and mire them together, and lay it vpon a parchment skinne, no broader then the Ring, woyme, and lay it thereto halfe an howze, untill it take the barke of skinne, and the take the iyce of Opine, and annoynt it till it be cold, and then heale it vp with salue.

Also, if ye take glasse, and make the same into fine powder, and after ward meddle it with blacke Sope, & annoynt the soze therewith, it will heale the same.

A very good oyntment for Ring-wormes or Tettors.

¶ Take oyle of Roses two ounces, newe Ware 4. penny waight, mingle your oyle and Ware together, then take Litage of Golde, and Seruse, of each halfe an ounce, make your Litage and Seruse into fine powder, and meddle them in a brazen Morter with your oyle & Ware: then take halfe an ounce of Quicksiluer mortified, and the white of an Egge new layd, meddle them together, and put in your Quicksiluer last, and vse it euening and morning, and thus you shall mortifie your Quicksiluer, put it into a viall of glasse, and put fasting spetle to it, beate it vp and downe till it change colour like ashes, then put in your stuffe, and labour them well together, and after ward vse thereof at your neede.

For a Ringworme or Tetter.

¶ Take foure ounces of Boies greace, and one ounce of Quicksiluer, and kill it with fasting spetle, one ounce of Tergreace, a dramme of Camphire, a quantitie of blacke Sope, and

## The Pathway to health.

93

and of Mustard, the iuyce of Walnut leaues, and grinde them altogether vpon a Painters stone, and put it into a bere, and there-with annoynt all the places where the Ringworine or Tetter is, euening and moyning, till it be whole.

To kill a Ringworine or Tetter in what place  
focuer it bee.

¶ Take blacke Sope and Pepper, and mingle them together, and make a plaister thereof, and lay it to the græfe.

Also take the iuyce of Honny-suckle leaues, and annoynt the place with a feather.

Also take the oyle of Scorpion, & annoynt the place where the greefe is, and it helpeth the same.

Also if you take the flower of Popell and Vinegar, and oyle of Ruts, and annoynt the place with the same, it will perfectlie cure the Tetter or Ringworine.

*take a little Rose-water  
and mixe it with the water of the  
vinegar*  
A good restorative to restore a mans nature, and to  
helpe them that are weake and  
decayed.

¶ Take and make Almond milke with the broth of Beefe maryl-bones, and of a Cocke that is well boyled, then temper there-with yolkes of Egges, and good Bassard, then put them in the Almond milke, and make a Catwell thereof with your Bassard, and cast blaunch powder vpon it, and you may put a little Rosewater vpon it, for it will be the better.

A restorative of Rosa solis.

¶ Take Rosa solis, but touch not the leaues in gathering, nor washe it not, take thereof foure good handfuls, then take thre pintes of good Aqua vine, and put them both into a glasse or pot of thre or foure pintes, and then stop it hard for thre dayes and thre nights, and the fourth day straine it through a cleane

A a 3

cloth

## The Pathway to health.

cloth into a glasse or pewter pot, and put thereto halfe a pounce of fine Sugar beaten very fine, take foure ounces of fine Licoris beaten in powder, halfe a pound of sound Dates, the stones taken out, make them cleane, and mince them small, and put all these together in a glasse or pewter pot, and stop it close that no ayre goe out, and drinke thereof at night halfe a spoonfull with Ale or Beere, but Ale is best, take as much in the morning fasting, for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption, but that will restore him againe, and make them to haue a good appetite to theyr meate.

For to restore the strength of a man that is brought low.

¶ Take two or thre Fennell rootes, and as many Parsely rootes, Slope, Time, Sausage, Violet leaues, of each halfe a handfull, and a Licoris sticke brused small, a spoonfull of Annyseeds, halfe a handfull of great Raisons, with a handfull of Barlie: make your broth of all these, sodden in a pottle of water till it come to a quart, or lesse, and when your meat is verie well sodden, stampe it: your flesh must be either a Cock Chicken, or a knockell of Meale, and being so stamped very well together: straine it and keepe it, and giue the patient therof morning and euening often, and it will restore him although he be neuer so low brought.

A salve to heale all manner of sores, and especially for a fresh wound.

¶ Take of oyle Olive and Turpentine a like much, a prettie quantitie, of Rosemary leaues pricked, boyle all these together, and in boyling put thereto a spoonfull of faire water, and let the boyle together untill the water be consumed as an cyment, and when it is boyled, straine it hote and warme, and let it stand in a vessell of earth, and when ye shall occupie it, heate it

## The Pathway to health.

94

it ouer the fire, and against the fire dresse the soze, so that the fire may drye the oyntment, and if neede bee, that there be no dead flesh, lay lint in the salue, and lay it hote against the soze, and if it neede to be tented, then tent it with a tent of the same oyntment hote, and lay vpon the tent a plaister of hote cleauing salue, and it will cure any wound oꝝ soze.

To make a salue to bring sores that rankle and ake  
into their owne kinde, and cease the  
burning and aking.

¶ Take the iurce of Smalage & of Plantine of each like much, of Honny and the white of an Egge a like much, and put thereto flower of boulded Wheate, and stirre them well together vntill it be thicke, and let it come nere no fire but all cold and raw lay it to the soze, and it shall clense the wound and cease the aking, and bring it to his kinde and heale it faire: for this is a principall salue for sozes.

A salue for a newe cut that will not leaue  
bleeding.

¶ Take the blades of vnset Lakes, stampe them, and put thereto Honny and Wheate flower, and stirre them well together vntill they be thicke, and let it come neere no fire, but all cold lay it to the wound, and it will staunch the blading, and it will drye out the byused blood, and make it cleane and heale it.

A salue for all sores.

¶ Take oyle Oliue a pint & a halfe, Turpentine as much, Rozen a quarter of a pound, vnwrought ware halfe a pound, of sheepes tallow 4. pound, then take two handfuls of Smalage, 2. handfuls of Bugle, 2. handfuls of Ragewort, 2. handfuls of Plantaine, 2. handfuls of Myrrine, and cut all these herbs smal, and sath them in the foresaid geare aboue wiffen, & let it boyle softly ouer the fire, alwaies stirring it vntill it bee well medled together, and when you thinke it well, take it from the fire, and straine it thzough a strainer of Canuas, and so vse it.

A

## The Pathway to health.

A salve for a newe hurt.

¶ Take Ware and Sheepes sewet, but not so much of the sewet as ware, and a little Rozen, and if you will heale it shortly, but in but a very little Rozen, and set it ouer the fire together, and as it riseth stirre it, and then put therein a dish of water, and when it is cold make it in rouses.

Another for the same.

¶ Take the whitest Virgin ware that ye can get, and melt it in a panne, then put in a quantity of Butter and Honny, and seeth them together, and take a dish with faire water & straine it into the water, and worke it with your hands, and then make it in a round ball, and so you may keepe it: and when you lay it to any soze, you must first worke it in your hand, and then strike it on a cloth and lay it to: and this medicine wil both heale and draw the same.

A salve for wounds, and all old sores.

¶ Take halfe a pound of Sarcule and some what more, of oyle Olive, which is Sallet oyle, two ounces, of Vineger a pretty quantitie, and boyle it till it be blacke, and make it vp in rouses, and so at your neede you may vse it.

A very good salve called Incarnatiue,  
to bring flesh.

¶ Take of the best Turpentine, and wash it in very sayze water untill it be very white, and then put out the water from it, and compound it with the yolke of an Egge or two, and put in the dust of Frankensence and Saffron very fine beaten, and so worke them all together: and keepe it to your vse when you shall neede it.

A notable healing salve.

¶ Take pure Ware, Rozen, Bolæ armoniack, Sheepes sewet, Dæres sewet, of each one pounde, beate the Rozen and Armoniac

## The Pathway to health.

95

meniake into fine powder, and searee it throught a fine searcer, then take Turpentine halfe a pound, boyle all these together vpon a soft fire, and stir them well all the while that they sath, but put not in the Turpentine vntil it be ready to take from the fire, for it must haue but one walme, and so imploy this salue to any soze wound, and it will heale it in short time.

To make a drawing salue.

¶ Take Deares sewet and melt it, and put in as much oyle Olive, as much Rozen and Ware, boyle them together, then let it stand and put in some Turpentine, and so straine all throught a linnen cloth, and keepe it to your vse.

Another for the same.

¶ Take an vnce of Ware, two vnces of Whæpes sewet, halfe an vnce of Olibanum, halfe an vnce of Rozen, two spoonefuls of Hony, two handfuls of young Docke leaues, and take and put them into three or foure old Dock leaues close wrapped together, and so rost the young Docks therein, and when the Docks be rosted put in your gums thereto.

A salue for an olde sore.

¶ Take as many Bramble leaues as when they are thired come to a quarter of a pound, of Sage, and Valerian, of each of them a quarter of a pound, also as much of Ware, as much fresh butter, halfe a pound of Rozen, then put them into a skil-let, and boyle them altogether a good space, and then straine it throught a faire cloth, and so keepe the salue till that you haue neede thereof, and this helpeth.

The making of a salue to cure wounds that be rankled and brused, and to cease the swelling, and aking.

¶ Take the iuyce of Smallege, and the iuyce of pete Ho-  
rell, and the iuyce of Plantaine leaues, of each a like much,  
B b. then

## The Pathway to health.

then take Honey and the white of an Egge a like of each of the same as of the iuyce, and meddle them all on the fire, and put therto flower of bolted Wheat, and stir them well together till it be some deale thicke, and then let it come nye no fire, but lay it to the wound all cold, and it will clense the wound and cease the aking and brenning, and bring them in his kind, and heale him faire for ever, and this is a principall salve for sores or wounds: Proued.

To make a salve that is a precious oynment for wounds  
and for bruizings, but it must be drunken in  
white Wine or stale Ale.

¶ Take of the hearbe Walter, Kobart, wilde Thistles, Pursewort, Meruaine, Daylie, the little Knapwort, Egrimo-ny, Warts tung, Horehound, Pimpernell, hearb Juie, Sani-gell, Plantaine, Bedewort, Sothernwood, little Burnet, Bugwort, Tansie, the holly Thistle, Betony, Turmentile, House-eare, Peluet, Gilfoyle, Kibwort, black Thistle, wild Sage, crops of Hemp, crops of the red Bramble, crop of the red Worts, Mors diaboli, Groundswelly, Scabions, Sage, Violet of the garden, Osmond waches of the mede, fumitory, Dalk, Spinage, Strawberies, and the more Daylie, Bede March, Wallis crops, Peggell, Woodzone, Croset, Jermander, Tuffan, Woodbind, Bedelion, flowers of Worme, Cinkfoyle, Wormwort, Scabwort, then take of Auence as much of him as of all the other hearbs, and then shed them, and do them in a mortar, and stamp them small, and do therto thre or foure pound of Bay butter cleane clarified and put together, and so let them stand seauen dayes, and then do it in a cleane pan, and set it ouer the fire, and let it sath soft, then strain it through a canvas cloth, and do therto the iuice of Saffron, and stir them well together, & let it stand forth till it be cold, then must the sick take therof on this maner: take of this salve five peny waight, & do it in warm Wine or stale Ale, and let it melt on the fire, and let the sick drink it first and last, and this healeth wounds well.

For



For the salt humour.

¶ Take halfe a pound of Lignum vite, and barks therof, and Annised, Licoriz, and boyle all these together, and halfe a pint of clarified Hony, and all kind of cold hearbs, with Luer wood, and Harts-tung, halfe a quartern of French Barly, and halfe a pound of Raysons of the sunne, pull out the stones of the Raysons, and boyle all these together very well, and straine them, and it will help that disease in the body.

For the salt humour another.

¶ Take white Lead, Ceruse, Litarge of gold, and Litarge of siluer, of each one vnce, Sulphur one vnce, mixe them together, and make them in powder very small, then take oyle of lins one vnce and a halfe, Vineger, white Wine as much as needeth mixe in due proportion.

For to heale any sore or cut.

¶ Take a little fine flaxe, and a little Hogs greace, and chop them together, and make a plaister of the same, and it will heale it very well and faire.

An oyntment for all maner of sores, and cuts, and swellings, and heat.

¶ Take Melilot, Egrimony, of each a like much, Wood Betony, Wormwood, and Smallage, a quantity of each of them, and gather them in May, and chyd them, and bay them with as much butter waight for waight as the hearbs all together, and then lay it in a cozier fire or seauen daies untill it be hoary, and then take it and fry it, then strain it into an earthen pot, and when it is cold make an hole in the side or bottome of the pot that the drosse may runne out.

Another for the same.

¶ Take a good quantity of Smallage, and Malloives, and put thereto two pound of Hogs greace, & a pound of butter, and

## The Pathway to health.

oyle of Beates: take a quantity, and stampe them well altogether, then fry them, and straine it in an earthen pot, and keape it to your vse.

A water for to heale an old sore.

¶ Take a gallon of running water and set it on the fire, and let it seethe: then take an vnce of greene Copperas, two vn-  
ces of Boke armoniacke, white Copperas the quantity of halfe a  
Put, and grind or beate them all to powder together into the  
said water, and let them seeth together a little while, then take  
it from the fire, and when it is cold put it in an earthen bottle,  
and stop it fast, and then occupy it at your neede.

A soueraigne water for all manner of sores.

¶ Take red Sage, Hop, Rosemary, red Fenell, Daisies,  
English Saffron, Pep, Allom, of each a quantity, but most of  
Daisies, seethe them in running water, and wying it through a  
cloth, and so make a water: and this is good for all sores.

An oynment to cleanse olde stinking sores.

Take the iuyce of Helidon, the iuyce of Plantaine, Honey,  
the yolke of an Egge, of each a like much, Barly flower, med-  
dle them together, and put as much Barly flower as shal make  
it thick like a plaister, and let it come nere no fire, and so lay it  
vpon the sore.

A good oynment to cleanse a sore both olde  
or newe.

¶ Take halfe a pound of Turpentine, and wash it well in  
Barly water, the yolks of five Eggs new layed, honey of Roses  
foure vneces, and for lacke of honey of Roses take other honey,  
Barly flower as much as shall be sufficient to make it thick  
like a plaister, and meddle them together, and let them not  
come nere any fire.

To skin the flesh that is raw.

¶ Take a quart of good Ale, and Allom, Hony, and Woodbind leaues, and stampe the leaues, and put the iuyce to them, and seeth them till they come to a pint, and when it is cold wet a gray paper in it, and lay it to the soze.

For all manner of scabs.

¶ Take Enula campana, red Docke rootes, Nightshade, Woodbind leaues, and then cast in a peece of Allom, and put in Vitriol romana rubified when it is cold, and wash the scabbe therewith.

Another for the same.

¶ Take white oyntment, Brimstone, Quicksilver, Merdigreace, and meddle them together, and therewith annoynt the soze scab.

For to doe away scabs.

¶ Take red Dock roots, Wimpernell, Scabions, Horrell de bayes. Celondine, stampe them with May butter, and fry them well together, and straine them through a cloth into a cleane vessell, and cast thereto a good quantity of Brimstone in powder, and stir it well together till it be colde, and therewith annoynt the sick till that he be all whole.

Another for the same.

¶ Take the roote of Horsehelve and seethe it in water till it be nash, and take old Shepes tallow and meddle them well together in a mortar, and do it in a linnen cloth, and annoynt the soze by the fire.

Another for to doe away scabs.

¶ Take Celondine, and powder of Brimstone, and medle them well together, and it will doo away the scabs.

## The Pathway to health.

Another for the same.

¶ Take Onions and mince them, and seeth them in water or in vinegar, and wash therewith the scabs or itching, and it shall doe it away, and heale it faire and smooth.

Another for to doe away scabs or itching.

¶ Take the roots of Enula campana, and wash them cleane in faire water, and seeth them as you seeth Persnepe, and then make them cleane, and cut them in peeces, and stampe them small with Colts greace, & anoynt the soze therewith. *one Eoyl greace, 1/2 lb of Enula*

A good oyntment for the scabbes and for itching of the body.

¶ Take foure vnces of oyle de bay, and an vnce of Frankensence, and two vnces of white Claye, and three vnces of Swines greace, and an vnce of Quicksiluer that must be slacke with fasting spittle, an vnce of great Salt, as much of the one as of the other, and of all these make an ointment, and if the scabs or itch be vpon all the whole body as wel aboute the girdle as beneath, then when thou goest to bed wash both thy hands and thy feet with warme water, and supple them well therein by the fire, and after drye them with a cloth of linnen, then take vp with thy fingers of that oyntment, and doe it in the palmes of thy hands, and on the soles of thy fete, and rub it well together that it may drinke in well and if it doe soke in well, thou must put gloues on thy hands, and socks on thy fete, and thus doe euery night when thou dost goe to bed, and if the scab or itch be aboute the girdle and not beneath, the anoynt but thy hands, and if the scab be beneath the girdle, then looke that you anoynt the soles of your fete, and the scab or itch be in all thy body as well aboute the girdle as beneath, then thou must anoynt both thy hands and thy fete as thou sittest by the fire, and thou shalt be whole: this hath been proued.

*How to be cured of the scabbes. Take 2 or 3 poundes of Enula campana, wash them in 3 or 4 waters, put them into a pot with 1/2 lb of oyle de bay, 1/2 lb of Swines greace, 1/2 lb of Quicksiluer, 1/2 lb of great Salt, and 1/2 lb of fasting spittle, and stampe them small, and make an ointment, and if the scab or itch be vpon all the whole body as wel aboute the girdle as beneath, then when thou goest to bed wash both thy hands and thy feet with warme water, and supple them well therein by the fire, and after drye them with a cloth of linnen, then take vp with thy fingers of that ointment, and doe it in the palmes of thy hands, and on the soles of thy fete, and rub it well together that it may drinke in well and if it doe soke in well, thou must put gloues on thy hands, and socks on thy fete, and thus doe euery night when thou dost goe to bed, and if the scab or itch be aboute the girdle and not beneath, the anoynt but thy hands, and if the scab be beneath the girdle, then looke that you anoynt the soles of your fete, and the scab or itch be in all thy body as well aboute the girdle as beneath, then thou must anoynt both thy hands and thy fete as thou sittest by the fire, and thou shalt be whole: this hath been proued.*

Another oymnt for a man that is scabed.

¶ Take five or six handfuls of Hozehound, and sath it in running water till it be halfe sodden away, and then wash the sicke therewith as hote as he may suffer it, and then loke that you haue ready this oymnt made of these hearbs: take the roote of the red Dockes, and the roote of Selidon, and then take Wormewood and Alleluia, of each a like much, and bzay them well together, and do therto a good portion of Pay butter, and stampe them well together, and so let them stand seauen daies, and then fry it, and straine it as thou dost another oymnt, and therewith annoynt the sicke when he is washed, and hee shall be whole.

For the shingles a remedy.

¶ Take Doves dirt that is musty, and of Barly meale heaped halfe a pound, and stampe them well together, and do therto halfe a pint of vineger and mingle them together, and so lay it to the soze cold, lay Cowle leaues ther-vpon, and so let it lye thre dayes vnremoued, and on the third day if neede require lay therto a new plaister of the same, and at the most he shall be whole within thre plaisters.

Another for the shingles.

¶ Take the blod of a Cats eare or of the taile, and there-with annoynt the shingles, and do nothing else therto. Also take Doves dung, and Barly meale, and stampe them together with Aysell, and lay it to the shingles all cold.

For all manner of sinewes that are shrunk.

¶ Take the head of a black Sheepe, Camomell, Rozrell leaues, Sage, of each a handfull, and bzay these hearbs in a mortar, then boyle them altogether in water till they be well sodden, and let them stand till they be cold, then draw it through a strainer and so vse it.

## The Pathway to health.

An oyntment for shrunk sinewes & aches soueraigne.

¶ Take eight Swallowes ready to flye out of the nest, bryne away the beaders when you take them out, and let them not touch the earth, stampe them untill the feathers can not be perceaued, put to it Lauender cottan, of the strings of Strawberies, the tops of mother Time, the tops of Rosemary, of each a handfull, take all their waight of May butter, and a quart more, stampe all the feathers that nothing can be perceaued in a stone mortar, then make it vp in balls, and put it into an earthen pot for eight dayes close stopped that no ayre take them, take it out, and on a soft fire as may be seethe it so that it do but simper, then straine it, and so referue it to your vse.

For sinewes that be broken in two.

¶ Take Wormes while they be knit, and looke that they depart not, and stampe them and lay them to the soze, and it will knit the sinewes that be broken in two.

For to knit sinewes that be broken.

¶ Take Archangell and cut it small in gobbets, and lay it to the soze, and take Gilfoile and stampe it, and lay it aboue it hard bound, and let it lye so thre dayes, and at the thre dayes end take it away, and wash it with Wine, and then make a new plaister of the same, and at thre dayes end put thereto another, and do nothing else thereto.

Another for the same.

¶ Take Veniriall and brye it, and put salt inough to them, and temper it with Honey, and make a plaister thereof, and lay it vpon the sinewes that be Risse, and it will make them to stretch: Proued.

An oyle to stretch sinewes that be shrunk.

¶ Take a quart of Beates fote oyle, a pint of Beates gall, halfe a pint of Rose-water, as much Aqua viæ, then put all these



## The Pathway to health.

99

these together into a Masse painne, then take a handfull of Lavender cotten, as much of Bay-leaves, a good quantity of Rose-mary, a good quantitie of Lavender Spike, of Strawberry-leaves, the strings and all, then take thzed and binde them all in severall branches, and put them into the pan or pot, and sette them over the fire upon cloere coles, with the oyles altogether, and so let the boyle a good while, and when it is boiled enough, it will boyle but softly: then take it off the fire, and let it stande till it be almost colde, then straine it out into a wide mouthed glasse, bottle or pewter pot, and stoppe it close, it will not continue in a wooden thing: and where the sinewes be shrunke, take of this beeing warmed, and annoynt the place there, with and chafe it well against the fire, and vse this morning and evening, and keepe the place warme, and by the grace of God, you shall finde great ease.

For to staunch blood.

¶ Take Bole armoniacke, and Turpentine, and make a plaister and lay it to, and it will helpe the same. Also if you take the mosse of the Hasell tree, and cast it into the wound, and it will stanche the blood soorth-with: and the longer that it is gathered, the better it is. Also take a good peece of Hartilmas haxe, out of the roote, and heate it on the coales, and as hote as may be suffered, lay it to the place.

Another for the same.

¶ Take a peece of leane salt haxe, and let it be of that bignes that it may fill the wound, and lay it in the fire in the hote ashes, till it be hote thzough, and beeing hote, thrust it into the wound, and binde it fast, and it shall quickly stanche the bleeding.

Another to staunch blood.

¶ Take Bursa pastoris, stampe it, and lay it to the vaine, and it will quickly stanche bleeding.

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Another



## The Pathway to health.

Another for the same.

¶ Take the mosse that groweth about the roote of the Ashe tree, and hold it to thy nose and smell it, and it will stanche the bleeding thereof.

To staunch blood when a Maister vaine is cut.

¶ Take rawe Beefe that neuer had any salt cast thereon, and lay it on a gredion ouer fresh coales well kindled, and lay the Beefe thereon, still turning the same till it be well broiled, and then lay it to the soze, and it will stanch the blood: and for the nose, if it be put into a cloth and smelt to, it helpeth.

To staunch blood.

¶ Take an hearbe that is called Lunaha, and stamp it, and lay it to the wound, or take the greene leaues thereof, and lay them on the wound, and it shall staunch: and if a man may not haue this hearbe, let him burne the feathers of a Cocks necke, and take the ashes of them and lay on the wound, and the blood shall soone be stancheth.

For swelling that commeth suddainly in a mans limmes.

¶ Take Harts-tongue, Cherfoyle, and cut them small, and then take dzegs of Ale, and wheate bzanne, and shepes tallow molte, and doe all in a pot, and seeth them till that they be thick, and then make a plaister and lay it to the swelling.

Another for the same.

¶ Take faire Melater and salte, and stirre them well together, and therein wet a cloth, and lay it to the swelling.

For to make one slender.

¶ Take Fennell and seeth it in water a very good quantitie, and boying out the iuyce thereof when it is sod, and drinke it first and last, and it shall helpe the patient.

For

For to breake the stone, a medicine.

¶ Take halfe a handfull of Pellitory of the wall, halfe a dozen Parsly rootes, halfe a handfull of vnsette Time, a quantitie of Pennyriall, and seeth all these in a pottle of Rennishe Wine or white wine, and let it seeth to a quart or a pint, which you will: then take a Putmegge roasted and dry it by the fire, and druide it in foure parts, and drinke the same warme after it is strained, as much at a time as you thinke good.

Another for the same.

¶ Take the rootes of Parsly, Pellitory, and red Nettles, of each a like quantitie, wash them cleane and mince the smal, and lay them in White wine twenty foure howres, and still them together, and drinke it with two pound of rootes put to a quart of White wine.

For the stone a remedy.

¶ Take Keysons, vnset Lakes, Sappifrage, Sapphire, Auence, Beane-cods, still each one by it selfe, and fine them in the Sunne, and take of each a like much, and put thereto as much Palmesie as of the waters, and still them altogether againe, and fine it in the Sunne, and when the patient is greued and at no time else let him drinke thereof three spoonefuls at a time, and that will be sufficient enough at once, and heate it luke warme, and put in a little powder of Cines, and drinke it, and lay him downe to sweat. Also take Sappifrage, and still the same with water, and make thereof a sirrop, as though it were with Roses, and put thereto a quantitie of Sugar, and eate it, and it will breake the stone meruailously.

Another medicine for the stone.

¶ Take a cake of Rye and bake it, then take Onions, and roste them very soft, then take your cake out of the oven, & slit it a funder in the middell, the upper side frs the nether, then take

*For stopping of p<sup>er</sup> urination  
take a p<sup>er</sup>ut of rocke wine & put it into a pottle with  
broile it & drinke it with a red p<sup>er</sup>ut flint us biggins a  
g<sup>er</sup> of y<sup>er</sup> & put it into p<sup>er</sup> 3 spoonfull of p<sup>er</sup> & was p<sup>er</sup> mure  
in a luke warme drinke it p<sup>er</sup> 3 spoonfull of p<sup>er</sup> & was p<sup>er</sup> mure*

## The Pathway to health.

your Onions, and pill them, and shread them vpon the cake, and lay the one pce to the bottome of your belly, and the other part to the raines of your back, and it will helpe you.

A very good powder for the stone.

¶ Take Smallage seede, Louach seede, Fennell seede, Sapifrage seede, Caraway seede, Gromell seede, Broomse seed, parslie seede, Philopendula, the roote thereof dyed, Meruaine, and the kernels of Cherristones, of euery of these a like much by weight, then beate them in a brassen Morter all to powder, and then let the sick vse of this in White wine at euening and morning, and also let him vse of this powder in his pottage, for it is very good for the stone.

An excellent good Medicine for the stone,  
and to breake it.

¶ Take Allisander, Louach, Smallage, Water cresses, and Gromet, of each a like much, and boyle them in a Gallon of faire water, till the halfe thereof be wasted, and do thereto a good deale of Sugar, or of Licoris, and then straine it through a cloth, and do it in a cleane vessell well stopped, and let the sick drinke thereof morning and euening, and this will breake the stone in the raines or bladder, and make him for to come forth without faile.

A good medicine for the stone.

¶ Take Marsh seede, Anniseede, and Commin seed, Parsly seede, and Fennell seede, and Water Cresses seede, or els the powder made of the hearbe, then take all these seedes and doe them in good Vinegar, and so let them stande two dayes and a night, then dry these seedes in an Ouen, and then make them to powder in a brassen Morter, and let the sick vse of this powder in his pottage, and in his drinke as is aforesaide, and this will make a man to make water well.

A good plaister proued for the strangury.

¶ Take Holly-hocks, Violets, and Mercurie, the leaues of these hearbes or the seedes of them, also the rind of the Elder tree, and leydwort, of each of these a handfull, and beate them small, and seeth them in water till halfe be consumed, then doe thereto a little oyle Oliue, and all hote make thereof a plaister, and lay it to the soze and raines. And also in Sommer you must make him a drinke in this manner: take Sapifrage and the leaues of Elders, fine leaued grasse, and seeth them in a pottle of stale Ale till the one halfe thereof be consumed, then straine it and keepe it cleane, and let the sicke drinke thereof first in the morning, and last at night, and if you lacke these hearbes because of Winter, then take the rootes of fine leaued grasse, and drye them: and make thereof powder, and then take Disser shels and burne them, and make powder of them, and mingle them together, and so let the sicke vse thereof in his pottage and drinke, and it shall helpe him.

A very good medicine, shewing how to make a powder for the stone and strangulion.

¶ Take blacke Bramble berries while they bee red, Junie berries, the inner pith of the Ashe keyes, the stones of Eglandine berries clouen, rubbed from the hayze, Putte keyes, the rootes of Philopendula, of all these a like quantity, Acorne kernels, the stones of Sloes, of each a like quantity, drye all these in platters in an Ouen, till they may bee well beaten to powder, then take Cromell seede, Sapifrage seede, Alisander seed, Coliander seede, Persly seede, Commion seede, Fennell seede, Anniseede, of each of these a like quantitie, asmuch as is before wozitten, and dryed in like sort, then beate all these to fine powder, and take Licoris of the best that you can get sayze scraped, as much in quantitie as of all the other, and beate it fine, and mingle it with the same powder, and so keepe it close that no

## The Pathway to health.

winde come at it, vsing it first and last with possiet drinke made with White wine or strong Ale, and when you eate your pottage or other broth, put some in it if you bee sore pained, and if you haue any stone it will come away by shiucts, and if it doe so, when you think that your water beginneth to cleare again, take this drinke following and it will cleanse your bladder, and it will leaue no corruption therein.

### The drinke.

¶ Take Rose-mary and wilde Time, and seeth them in running water, with as much Sugar as will make it sweete, from a quart to a pint, vse the quantitie of your hearbes according to your discretion, so that it may saueur well of them, and so vse it nine moynings, sixe or seauen spoonfulls at a time.

### For the Tifsicke, well proued.

¶ Take a handfull of Fennell rootes, as much Parsley rootes, as many Alisander rootes, halfe a handfull of Borrage rootes, and pull out the pith of all the sayde rootes, then take halfe a handfull of Penny-riall, as much Violet leaues, and as much of Cinckfoyle, as much Succory, Endiue, Hollibock-leaues, Ballow leaues, and redde garden Spints, of all these a like quantitie as of those next before, halfe a handfull of Licoris sticke scraped, brused and beaten to fine powder, a gallon of fayre running water, boyle therein all these simples, and boile these seedes following with them, that is, thre spoonfulls of Annyseedes, as much Fennell seede, as much Coliander seede and Comin seede, a good handfull of Dandelion rootes, and so boyle altogether from a gallon to a pottle, and let the patient drinke thereof first and last, and it will quickly help him.

### Another for the Tifsicke.

¶ Take a quart of running water, with a handfull of Slope, two sunces of Annyseedes, as much Licoris beaten both together, halfe an ounce of Fennell seede, beate all these together very fine with a quarterne of white Sugar, and so boyle them altogether,

## The Pathway to health.

102

altogether vnto a pint, and then straine them, and so let the patient drinke thereof first and last, and it will doe him good.

For a Tifsicke or colde, another.

¶ Take two ounces of Licois scraped and brused, of figs three ounces, of Egrimony, Hore-hounde, Enula campana, of each a handfull, and boyle them altogether in a gallon of Water vntill the halfe be wasted, then straine the hearbes from the iuyce, and vse it early and late: for this hath bene proued.

Also for the dry Tisick, take and stamp Fennell rootes, and drinke the iuyce thereof with white Wine.

For the Tifsicke another experiment.

¶ Take Radish rootes, make them cleane, and cutte them thin, and cast them into an Ouen and bake them, then beate them into powder so small as you can, then drinke thereof euery morning fasting, and at night when you goe to bedde, and wet your meate in the same powder as you would doe in salte, and it will doe you very great ease shortly.

To make the mother of Treacle.

¶ Take a pint of Honny, put thereto the iuyce of red Fennell, seth it on the fire vntill it come to a pint, then take it of, and put thereto a penny-woorth of Cinamon in powder, two rasies of Ginger, a Nutmeg and a little Pace, and stirre them well together, and when it is cold put it into a boxe, and gather your Fennell in May.

Also to make Treacle for all manner of poyson, take one ounce, of Betony in powder, 4. ounces of Centoie in powder, and 2. ounces of the powder of Kew, medle these together, and temper them with clarified Honny, and keepe it in a glasse.

The golden treate that healeth all bruses.

¶ Take Colosony, pitch and Rozen, and two ounces of oyle, three ounces of liquid Pitch, 1. ounce of Olibanū, Auri vnguenti Allam,



## The Pathway to health.

Allam, of each two ounces, of Wine as much as sufficeth, and boyle all these together and so receiue them: to your vse as you neede, and it helpeth.

For to make a white treate, called  
Apostolicen.

¶ Take oyle Wine, litarge of Leade, Golde and Siluer, stampe it, and put it in the oyle throught a cloth, and stirre it till it be harde, and this is a good treate for to heale all manner of wounds, be they newe or old: thys kinde of treate hath often bene proued good.

To make a treat called Emanuell.

¶ Take Meruaine, Bittany, Wimpernell, Centozie the more, Gratia dei, of each one handfull, hearbe John, Auence, Celondine, Acus muscata alalua, Plantaine, Spurge, Egri-  
monie, of each one handfull, grinde all in a mortar, and put the in a gallon of Wine, and boyle them in a pan till the third part be wasted, then straine it throught a Canuas cloth, and set it ouer the fire, and put thereto Ware foure ounces, Witch as much, Rozen as much, Olibanum two ounces, Pastick two ounces, Spirthe two ounces, Aloes two ounces, Turpentine two ounces, Sheepes setwet halfe a pound, beate them all in powder, and boyle them all together save the Turpentine, the which must be put in last of all, then straine the same throught a cloth, and keepe it till you haue neede thereof: and this is a special healer of all wounds and sores, burses and broken bones, and Apostumes that be broken, also it hath a special vertue to draw, cleanse, and reengender good flesh, it healeth and doth away all kinde of aches whatsoeuer, all Cankers and Festers, it healeth Pozimals, it passeth all other oymments: and if you will haue it soft, put thereto a quantitie of oyle of Roses, so much as you thinke good. Proued.



A good entreat called the greene treat of Iane.

¶ Take a pint of the iuice of Smallage, a pint of the iuice of Maybzight, as much of Plantaine, put them together in a vessell, and put to it a quarter of a pound of Wax, and as much of Frankensence oz Rozen made into powder, make your Wax into small peeces, and boile them altogether, and euer stir them, and to know when it is boyled inough, drop a drop vpon a Basen, and if there be any moisture in it when it is cold, then put to it a pound of Turpentine, and stir them till they be well medled together, then straine it, and put into it a quart of white Wine, and let it stand while it be cold, and so vse it.

Another intreat called Gratia dei.

¶ Take Wax, Bay butter, oz other butter, without salt, of each one vnce, then take of Frankensence two vnces, melt them together, and straine them, and this is the making of this entreat which is called Gratia dei.

A good entreat for wounds.

¶ Take Betony, Pimpernell, and Geruaine, of each a handfull, boile them in a pottell of very good white Wine untill it be halfe consumed, then straine it thzough a course canuas, then put the liquoz ouer the fire againe, and in the boyling put to it halfe a pound of Rozen, a pound of Frankensence in powder, and alwayes stir it that the powder goe not to the bottome, and when it is taken from the fire, put to it halfe a pound of Turpentine, and a dram of oyle of Spiks, and stirre it till be colde. Pzooued.

A greene treat for a greene wound which is  
especiall good,

¶ Take Rozen made in fine powder foure vnces, of Sheeps sewet one vnce, halfe a pound of Turpentine, Wax, and Frankensence, of each one vnce, Uerdigreece ten pence waight,  
D d. Dyle

## The Pathway to health.

Oyle five unces, beate your Frankensence and Herdigreace, and put to all your stuffe euer the fire in a vessell, but your Turpentine and Herdigreace let them boile euer stirring them till they be all relented, then take it from the fire and stir it well, and then put in your Turpentine euer stirring it till it be relented, then put in your Herdigreace, and mixe it well with the other and strain it, and keep it to your vse and it will help you.

The making of this treat which will endure an hundred yeare, and it is good for all ache in the bones, and for the sinewes.

¶ Take a pottell of newe oyle, and fry it with Spadocks as many as he may, for they be dry and hard, then wryng out the oyle and doe them away, then doe thereon two pound of sheeps fallow that is new and melt it, and halfe a pound of Ware, as much Rozen and Frankensence and break them small, and doe them into the oyle for to be melted, then take five handfuls of Hocks, and of Celondine foure handfuls, and foure handfuls of Eoula campana, and of Plantain eight handfuls, and of the root of Enula campana cleane picked two pound, and so bray them small as moxter, then doe to these hearbs & roots a pottell of good white Wine, and so let it stand a day and a night, then straine out the liquoz, and doe it into the oyle before that they saeth them and set it ouer the fire, and let it saeth the space of foure houres, then take it off the fire, and doe it in a cleane bolle, and so let it stand till it be all cold, and then take it vp and doe away the water and the sinne and if it be too hard doe in moze oyle, and if it be to neth, doe thereto moze Ware and Rozen, and of Frankensence and seethe it againe, then doe it in boxes and keepe it well, for this is a precious treat or oymntment for all manner of ache in the bones.

The making of a treat the which is called Oxicrochic.

¶ Take a quarter of a pound of mede Ware, as much of pure Rozen, as much of black Pitch, as much of Saffron, an vnce

Once and a halfe of Gassick, and halfe a quarter of a pound of Frankensence, as much Sperry, and a quarter of a pound of Arpinake, halfe a quarter of a pound of Galbanum, as much of Turmentile, then take all the gums and make them to small powder, and breake thy Mace and Galbanum to small peeces, then set them in good vineger all a night, and on the morrow set it ouer the fire, and let it sethe till that the vineger be wasted somewhat: also straine it well through a cleane cloth into a vessel with white Wine or with water, and when it is cold take it vp, and then hold it against the fire, but loke that thou haue thy Saffron ground, then hold it as thou wouldest hold Mace, and a little and little temper the Saffron thercon, and meddle them wel against the fire til the Saffron be melted in the gums, but thou must annoynt thy hands with oyle of Laurell that it cleaue not to the hands, and do it where thou wilt: and this treat is good for all sores and bryses in any limb of a man, it destroyeth hard apostumes, and it is good for broken bones and for the surgery of salerne, who bled this medicine for smal wounds that were cuill healed, and this will open a sore, and will heale him well and faire againe: proued.

For to make Vnguentum albanum.

¶ Take a pint of oyle Oliue, and put thereto halfe a quarterne of Mace, and set it ouer the fire till the Mace be molten, but make it into smal peeces: then take half a pound of Ceruse, and an once of Gassick, and one once of Olibanum, and a little Camphire: take and grind all these small, and cast it into the oyle, and stir it well together till it be nigh cold, then take the whites of foure Eggs made into gleare, and put thereto a saucer full of vineger, and stir all this well together and do it in bores, and this oyntment is good for to anoint all sores without the wound, but do it not in the wound, for this is a good cold oyntment.

To make vnguentum album another way.

¶ Take a pinte of oyle Oliue, and halfe a pound of Dia-cleme, Anniseede a pretty quantity, and put them together, and  
D d 2 put

## The Pathway to health.

put thereto a pound of Scruſe ſmall grounded, and then boyle them altogether a little, and ſtirre them alway till it be cold: et fac vnguentum.

For to make vnguentum popileon.

¶ Take thre or foure pound of Poppy ſeede, and two or thre pound of hearb Walter, one pound of Henbane, and one pound of pety Mozrell, and one pound of Dypine, and one pound of Singrene, and one pound of Endiue, one pound of Plantain, and one pound of Violets, and one pound of water Crefſes, one pound of Handrake, and one pound of Peniwort: take all theſe and ſtainp them in a mortar, and do therto thre or foure pound of Barrolues greace molten, and bind them well together, and then ſet them in an earthen pot well cloſed in a moiſt place, and ſo let it ſtand nine daies, and on the tenth day ſet them en the fire, and do therto a quart of white Wine, and let them ſathe well together, and then wzing them through a ſtrainer a little and a little till it be cold, and when it is cold do it in boyes, and this oyntment is good for many ſoyes.

For to make vnguentum geptiacum.

¶ Take a ſarthing worth of Honee, a ſpoonfull and a halfe of Vineger, of greene Copperas a ſmall quantity, a pece of Allom, and if you will make it eaſily, put therunto Ale, or els womans milk, and this oyntment is good for all ſoyes and wounds both new and old.

For to make vnguentum ruptorum a corſie.

¶ Take Cantarides and make it into powder, and as much of unſlaked lime, and of blacke Sope as of all the other, and make all theſe in maner of a plaſter, and lay it to the ſoye as bode as thou wilt haue it broken, and no boder.

For to make vnguentum verſilinum.

¶ Take an vnce of Liſarge, halfe a pound of Paſticke, halfe a pound of Ceruſe, an vnce of Camphire, halfe an vnce of the

## The Pathway to health.

105

the stone called Calamint, and make these to small powder, and do thereto halfe a pound of mede Ware small broken, and then do thereto a pint of the iuice of Emericose, and put all this in a pan, and set it ouer the fire, and let them seeth till they be moisten, and alway stir it, and then take it from the fire, and let it stand till it be cold, this oyntment is good for a man that is scalded on his yard with fire, or on his body or visage, or on any limb of a man, and for all scalding, and this is good for wounds and for many other pynic maladies: and this is a pperious oyntment.

For to make vnguentum delerofica.

¶ Take a pound and a halfe of purified Hony, and a quarter of a pound of Uerdigreace small made to powder, and a good saucerfull of Vineger, cast all this together into a panne, and boyle them well together till it become red, and alway stir it well, and then beware for it will haue many colours, for it will be red, then do it in bores and it will be hard, and after it will relent againe, and then do therfore into the rotted wound, and anoynt the soze therewith, and it will do alway dead flesh and other corruption, and this is a good oyntment for to cleanse, and for to make the flesh for to grow.

For to make vnguentum Geneste.

¶ Take two pound of the flowers of Bzome, a pound of the flowers of Woodwore, and a pound of Drestips, and bray them in a mortar, and do thereto thre pound of Bay butter, and mingle them well together, and so let them stand for thre dayes and for thre nights, and then do it in a pan, and fry it well on the fire, and then wryng it through a cloth, and do it in a bore, this oyntment is good for all cold gowtes, and for other cold euils.

For to make vnguentum Penetium.

¶ Take a gallon pot full of black Snailles gathered in the dew, in the moneth of May, and do them in a linnen bag, and

### The Pathway to health.

When ye haue the Snayles loke that ye haue redy then a pound, of the pounder of Comin, and an other pound of Will, and meddle these pouders amongst the Snayles and hang them by and set vnder a cleane vessel, and keepe well the oyle that cometh of them, and then take the oyle and seeth it on a soft fire, and doe thereon a quarter of a pound of the marrow of a Horse legg, and seeth it with the oyle, and then doe it in a glasse with that oymment, and anoynt any man or woman that is so troubled with the Sowl, and he shall be whole by Gods grace.

A good oymment for to heale wounds.

¶ Take Auence, Bugle, Pigle, and Saugle, Smallage, and hearb Robert, Mercurin, and hearb Water, Mephzed, and ittbwort, Dailies, and Holyhock, Ligni serpemini. red Cowle, and the crops of Brier, of euery one of these a pound, or at the least halfe a pound, then take these hearbs and stamp them small in a mortar, then take May butter two pound, and two pound of Barrowes grease, and stamp them well together, and then doe these in an earthen pot, and let them so stand for nine daies, and on the tenth day doe them in a pan and seeth them on the fire and let it seeth easely a good while, and then wring them a little and a little through a strainer, and then take them, and put it into the pan againe with a quart of white Wine, & half a pound of mede Mar, and a pound of sheeps tallow, and a quarter of a pound of Frankensence, and a quarter of a pound of purified honey, cast all these together into the pan, and then set them ouer the fire, and seeth them well together a good while, and then set it dolene and let it keele, and then doe it in horses, and this is a speedy oymment to heale all maner of sores and wounds be they neuer so great: this hath been proued.

If thou wilt heale wounds well and cleane with the drink of balles, then take of these hearbs to make thy balles.

¶ Take a pound of Pigell, and a quarter of a pound of Saugell, and halfe a pound of Bugle, a quarter of a pound of Turmentile,



**T**urmentile, halfe a pound of Auence, a quarter of a pound of Spoufearc, a quarter of a pound of Centory, a quarter of a pound of Rue, a quarter of a pound of Fur, a quarter of a pound of wild Sage, and halfe a pound of Daisie, a pound of hearb Robert, a pound of hearb Water, and a quarter of a pound of hearb Iohn, a quarter of a pound of Egrimony, as much of Clolets, as much of Strawberries, and halfe a pound of Ribwort, and halfe a pound of Myrbez, and a quarter of a pound of great Waple, and halfe a pound of Spignell, and halfe a pound of Betony, a quarter of a pound of Hemp, and as much of red byier crop, and as much of the black byier crop, halfe a quarter of the red Pettle, and halfe a quarter of the red Cawle, and a quarterne of Merueine, as much of Burnet, and as much of Scabions, take all these hearbs and chzed them small, and theri do them first moxter, and grind them all to flower as thou wouldest do Tefuine, then mingle of Padder the waight of al these other herbs and grind it with these hearbs, and then let them rot together for fve daies and fve nighte, and then make therof small balls as big as a Walnut, and dry them in thin platters covered one ouer the other, and let them in the Sonne so that there come no ayre therto by no way, and who so hath a great wound, then take one of these balls, and crum it into a quart of white Wine or of Rale Ale, and let him drinke thereof each day first a little quantifv, and to wash his wound thre times on the day with white Wine, and if that you haue no white Wine: then take the iuice of Auence and let come none other oyntment at the wound but the iuice of Auence, and therewith wet well the wound all about, and thus thou maist heale and saue euery old wound be it neuer so horrible and festered: and if there be in the wound any dead flesh, thou must do thercon the powder of Sandeser or else of burnt Allam, for that will fret away dead flesh, and these balls will heale the wounds.

For to open a wound that is closed too soone.

¶ Take the leaues of the white Plum-trée, and the milke of a Goate, and stampe them together, and make a playster thercof,



## The Pathway to health.

therof, and lay it to the soze, and it will open it well, and it will  
do away the rankling.

Also take Centory, Stamp it, and lay it thereto, and it will  
open any wound faire and well.

Also Galbanum is good for to cleanse a wound, and for to keepe  
it open.

To heale a wound.

¶ Take Turpentine, as much as you thinke to serue your  
turne, and put it into a dish with cleare water, then take a stick  
and make it fit at one end, and with that beat, and turne your  
Turpentine in the water till it be very white, then put the wa-  
ter cleane from it, and put to it halfe as much yolks of Eggs as  
is of the Turpentine, and mingle them well together, and mi-  
nistre it when ye neede, put not this in your treane bore, for it  
will soke thzough: you may keape it in a bladder,

For a wound in the head a good Mundicatiffe.

¶ Take hony of Roses two unces, oyle of Roses an unce,  
meddle them together, and put it warme into the wound with  
Lint, and a plaister vpon it: it is a good Mundicatiffe.

For the ache in a wound.

¶ Take the rootes of Bryany, and pare the vtter side, and  
beate them in a moxter and in faire running water, and straine  
it, and warme it, and lay it hot to the wound or ache as the par-  
tie may suffer it: first wash the wound faire, and then lay it to  
the wound.

To make a water for a cut or wound.

¶ Take a pottle of faire running water, and seth it on the  
fire, and let it seth a while, then take two peny worth of white  
Copperis, as much of Bole armoniack, and foure peny worth of  
Camphire, and beat them altogether in powder, and put them  
all together into the water, and let them seth a little while,  
and then take it off the fire, and when it is colde put it into a  
Glasse

Glasse, Drosse and all : and when it is occupied poure out a little into a sawcer of the clearest water, and none of the bottome of Drosse : and set it vpon the coles, and wash the wound as hote as he may suffer it, and then take a little linnen cloth, and double it thrice or foure times double : and wet it in the water, and lay it to the wound as hote as the patient may suffer the same, and binde it fast.

For a cut or wound.

¶ Take a gallon of running water, and put thereto a pinte of Honny, and a quarter of a pound of Roch-allom beaten in very fine powder, and let them seeth together and scum the cleane, and put thereto a handfull of Wood-bine leaues, and a handfull of Sage leaues, a handfull of Helondine, and seeth them altogether till the halfe be consumed, then take it from the fire, and straine it through a Canuas cloth into another cleane vessell, and then put thereto a penny-worth of graines, and let them seeth a while together : and then put it in a faire glasse whem it is cold : this is a principall medicine.

For to heale wounds, and to knit and heale broken bones.

¶ Take Betony, Bugle, Sauigle, Bimpernell, Milfoile, Strawberry leaues, Wyppin, Sage, Houseleare, Emerose, Tanisie, Sothernwood, hearbe Robert, hearbe Water, Egrimony, Plantaine, Solcirkle, Auence, Padder, Daisies, Camphire, Simond, the crop of the red Colewort, the crop of the red byer, the red Pettle crop, of the crops of Hempe, take of each a like much saue of the Padder by waight, then take these hearbes and campe them small, and take Hay butter made of rawe Cream, Cowe milke, with dew water of Hay, and if that you can get no Cowe milke, take the Butter of Cowe milke of the yellowest colour that can be found, for it is far better then the white, and take a quart of Butter, halfe a quarterne of Bedeware,

## The Pathway to health.

waie, and melt the Butter and the Ware together : and when they be molten, let the Butter and waie run throught a cloth, for then is the Butter clarified from the Ware, and thred the Butter and the Curds a sunder, or else it will neuer do so wel, and then let thy Butter keele, and when it is colde then take and put thereto three pound of thy hearbes, and halfe a pounce of Butter, and cast them in a Morter, and stampe them small, till you can see nothing of the Butter, and then do it in a new earthen pot, and close it fast that no ayre come forth, and when all is in the pot, make it sure that no wormes may gette in, nor that no ayre (as I said befoze) gette out : then set it in a moist place, and so let it stand for nine dayes at the least, and then it wil be hoare above : then take it out of the pot, & do it in a faire panne, and set it on the fire and fry them well together, and stirre it well, and when it is hote enough, take it from the fire and wyng it throught a cloth, and let it stand till it be cold, and then kerne it and let out the water, and then do it into thy pan and melt it againe : then do it by in boxes, and keepe the same to your vse.

Also to make an oyntment sanatiffe for wounds,

Take of the same hearbes befoze expressed, and worke them as thou didst the salve : but whereas thou tookest Butter to thy salve, take faire Barrowes greace & melt it : and when it is cold, put it to thy oyntment, and whereas thou tookest to thy salveadder, put thereto Camemile, and put thy hearbs thereto : take to that oyntment of Ruence as much waight as of all the other hearbes befoze named, and then shall this oyntment bee according to the salve, the one to worke within, and the other to worke without, for this salve and oyntment is cheefest accounted of among Physitions for all woundes, both to cleanse and to heale very faire and perfectly, and to knit broken bones surely.

To

To heale all olde wounds.

¶ Take Plantaine water distilled, and put halfe a pinte thereof to an ounce of Mercurie sublimatum, and so stir them very well together, untill it be dissolved in the Plantaine water, and then wash the soze or wound well therewith, and after wet a cloth in the same water, and couer it cleane ouer the soze or wound, and vse this once euery day untill it bee whole, and doe so from day to day.

A red water for sores and wounds, either olde or newe.

¶ Take a pottle of running water, a pecke of ashes of Ash wood that is old, and a pottle of Tan-lypce that leather neuer came into, and a pound of Hother, a pound of Allam, and beate them all in fine powder, and put it into your Tan-lypce nine dayes, and then whē you haue so done, take a pottle of the one and a pottle of the other, and put thereto ten ounces of greene Copperis, and one ounce of Ginger beaten all into fine powder, and put them all together, and so sath them to a quart, then take them off and straine them, and put them in a faire vessell, and poure out the thinne from the thicke, and lay a wet cloth thereon, and lay it to the wounde or soze eyther olde or new, and wash them well therewith.

A water imperiall for all wounds and Cankers.

¶ Take a handfull of red Sage leaues, and a handfull of Helondine, as much of Woodbine leaues, take a gallon of conduit water, and put the hearbes in it: and let them boyle to a pottle, and then straine the hearbs through a strainer, and take the licour & sette it ouer the fire againe, and take a pint of English honny, a good handfull of Roch-allam, as much of white Copperis fine beaten, a penny worth of graines bzused, & then  
C c 2 let

## The Pathway to health.

let them boyle altogether thre or foure walmes ouer the fire, and let the skimme as it riseth be wel taken off with a feather, and when it is colde, put the same into an earthen pot or bottle so that it may be kept close from ayre: and for a greene wound, take of the thinnest, and for an olde wounde of the thickest, couer the soze rather with Tisale or Hutton: skimme them with Docke leaues: when that you haue dressed them with thys aforesaid water.

To make water imperiall another way.

¶ Take a handfull of Dragon, of Scabions, of Endiue, a handfull of Pimpernell, a handfull of Worme-wood, of Rew a handfull: a handfull of Tanfic: as much fetherfof: as much of Daisie leaues, as much of Cowslips: as much of Payden-hayze: as much Sinckfoyle: as much Dandelion: as much Time: as much Batome: of each of these hearbes a handfull, as I sayd befoze: then take of Treacle a pound: of Bole Armoniack foure ounces: and when you haue all these hearbes together, you must take and tread them a little, but not too small, then take the Treacle & the Bole armoniack, and mingle them and the hearbes together: then put them in a stillioze and still them, and it is made.

A very good remedy to take away Warts.

¶ For to take away Warts, take the saxe of Bryony with the leaues, burne them and make Ashes of them: and meddle the ashes with the iuyce of the same hearbe like an oyntment, and annoynt your Warts often, and they will fall away. The dunge of an Eagle if it be often rubbed vpon the Warts, dooth likewise do away the same very quickly.

Another remedie for Warts.

¶ Take the iuyce of hearbe Wart-wort, and annoynt away Wart or Ring-worme there-with, and it helpeth.

For

For to doe away Warts.

¶ Take Elder berries and stampe them, then wringe out the iuyce, and with the same vse once or twice a day to annoint thy Warts, and it will quickly doe them cleane away. Thys experiment hath bene proued.

For to doe away a Wenne.

¶ Take and binde fast the Wenne, then take Verdigreace, Sulphur, Sope, oyle of Egges, Allam and Honay, and temper them together, and lay thereto, and it shall doe away the Wen, and also soe to heale it well and cleane within thre or foure times dressing.

For to doe away a Wenne.

¶ Take a quantitie of vnslackt Lime, and mire the same very well with as much blacke Sope, and annoynt any Wen therewith, and the Wenne will fall away: and when the roote is come out, annoynt the place with oyle of Balme, and it will perfectly heale the same.

How to helpe one that is blasted.

¶ Take the white of a Pennes Egge, and put it in a brazen Morter, then put thereto a quarter of an ounce of Copperis, and grinde them well together till it bee as small as an oyntment: with which annoynt the soze face, and it will ease the paine and take away the swelling: and when it is wel nye whole, annoynt the place with a little Popilum, and that will make the skinne faire and well againe.

An excellent remedy to helpe the rewmie.

¶ Rub the leafe of a Marygold betwene your fingers, and put the same into your nose, and let it stay there a little while, and it will bring forth abundance of humors out of the head, it will helpe the Rewmie within a little while, if you vse it. This hath bene proued.



## The Pathway to health.

Another speciall remedie for the Rewme.

¶ Take a little sticke, and tye about the ende thereof olde taken leaues, then cut them something rounde, and holde the same leaues in your mouth as deepe and as farre as you can suffer the same, holding the sticke betwene your teath, in this manner hold your mouth ouer a dish or poynger, and there will great aboundance of humors auoyde out of your mouth. But within a while washe in faire water the leaues on the sticke, and then holde them in your mouth againe. Doe thus for the space of an howre, and vse it three or foure times a day, for three or foure dayes together, or untill you haue auoyded so much watry humors as you thinke good. This is the best and presentest remedie for the rewme that euer was heard of. And hee that proues it shall finde it and excellent helpe.

A soueraigne water against melancholly, and drinke to comfort the stomacke.

¶ Take a pounce of Aqua vite. and put thereto a quart of Redrose water, put into it as much Licoris sliced and scraped as you may hold in both your hands, but if it be English Licoris you may take lesse, put thereto as much Anniseede as you thinke will be sufficient to make it taste well thereof: Let all these with a soft fire well covered with an earthen pot that the ayre do not goe out to your iudgement, till that a pinte thereof be consumed: let it not boyle in any case but steeve softly, this done, take it from the fire, and let it stand and cole: and when it is cold draw it from the seede and Licoris, and put it into the wicker glasse or bottle, but beuse it that your water may be as cleere as you can, and when neede requircth occupy it.

To make artificiall oyle of balme for woundes.

¶ Take Balme, Kewe, Fetherfoe, Sowthistle, Pettles, Many leaues, Bramble leaues, Sage leaues, Cinckfoyle, of each



## The Pathway to health.

110

each of all these a handfull : take all these simples and lay them in oyle Olive one whole night, and take the water that cometh of a Wine skalle, and blacke Snailles, gum Arabick, gum Ebere, of each of these one ounce : you must take the seed of the Alhe tree, and beate the seedes and the gummes very fine together. Afterward, you must put the oyle and the hearbs into the Still, and thow thereupon a quarter of a pound of the oyle of Roses, and two ounces of Aqua vitæ, and so distill it with a soft fire : but you must still it at the least twice or thise : Thys oyle will heale all wounds very soone.

A greene balme to incarnate wounds, and to dry vp filthy vlcers.

¶ Take of fine Aqua vitæ, Venice turpentine, oyle of Roses, of euery of them a pint, boyle them with a soft fire of coles, and after a waime or two, put in of Herdigreace made in fine powder an ounce and a halfe, and boyle it to a good perfect substance, and so vse it to your sore wounds and filthy vlcers, and it shall helpe them very shortly.

To make artificiall Balme.

¶ Take of gum Clempine six ounces, Aloes, Pirrhe, Castore, Apponace of each two ounces, Storax calamite, Ohbanum, Mastick, Sacabze, of each foure ounces, Munge Bedellii, gum of the Fig tree, of each two ounces and a halfe, make euery one of them in powder by themselves that will be powdered. The spices take of Lignum aloes, three ounces, Zilobalsami, Carpobalsami, Spignard, Cloues, Sinamon, Calamus aromatici, nut aromatici, Putmogs, Salingall, Setwell, graines, Cardomomus, both of the great and small, Cucubes, rootes of Cipres, Mustacastaline, which is the coddess of the Muske, of each two ounces, Relupenticon 2. dyams, flowers of rofemary 2. ounces, Juniper berries, Enula campana, of each dried an ounce, Bay berries halfe an ounce, beat all together in grosse powders, then take of the seed of fennell, persly, tansie, Carret, Coziander, and Caroway seed, of each one ounce : wormwood, sage dried, basil,

Rosemary,

## The Pathway to health.

Rosemary : Sargerum : Penniriall : Spints : Secados : C.  
grumonie : a like quantitie of each : then take figges of Alga-  
rie, Dates the stones taken away : Keyfens of the sunne : Al-  
monds, of each foure ounces : then take oyle of Turpentine 2.  
pynts : oyle of Mastick, oyle Venet, oyle of Castore, oyle of  
Larsoz, oyle of Dyll, oyle of Creter, of each halfe a pint, oyle  
of Spike, oyle of Pard, of each foure ounces : pure Aqua com-  
posita the waight of all the former stufte : and first boyle them  
in the bodies of two Limbeckes of glasse fast luted, with the  
crownes of theyr coners downeward in Balneo marie, that is,  
a Caldwon of water a day & a night : then take off theyr caps  
and set them aright, and distill it with an easie fire in these two  
Limbeckes, all your stufte being deuided into euen portions, as  
befoze : lute them strongly, and distill them with a sofe fire, fire  
howzes : then in the rest increase your fire by little and little til  
the water be passed, then shall you see white oyle, and last of all  
yellow oyle : keepe euery of them by themselves : the fourth is  
in the bottome, keepe y as an excellent remedy for all wounds,  
it helpeth suddainly, without suffering the wound to putrifie or  
cast matter, but confoundeth it and helpeth it straight.

### The vertue of this Balme.

It is most excellent for Cowntes, Palsies, Cramps, wounds,  
akings, sinewes cut, hurt or shrunke, the falling sicknesse, Apo-  
plexia, the turning of the braine, the biting of dogs, or any other  
venimous things, for the Limpany to annoynt the belly, and  
the first water is good for all wounds, and all rotten and filthy  
bleers, as hath bene proued.

### The receipt of the water of health, by G. K.

Take red Rose flowers, Cammomile flowers, Lavender  
flowers, Buglosse flowers, Slope flowers, Rosemary flowers,  
sage flowers, Secados flowers, balme flowers, time & wild time,  
peniriall, Sargerum, winter sauerie, pimpermell, S. John wort,  
Philopendula, eyebright, horehound, dittany, bittany, scabies,  
turmentill, planten, auence, maidenhaire, mints, rue, sapifrage,  
harts.

## The Pathway to health.

III

Parts-tung, Entras, Brasill, Canepithy, Piony, Juniper berries, Bay leaues or berries : take of all these flowers a maine handfull if they be gotten, if not, then take thre gallons of mighty strong Ale, or thre gallens of Gascoigne wine : then take these spices, Anniseede two pound, Licoris two pound, Fenell seede two vnces, Cinamon two vnces, Caraway seede two vnces, Galingall two vnces, Setwell two vnces, Angelica two vnces, Ciperus two vnces, Ginger, Putinegs, of each one vnce, Enula campana one vnce, Calamus aromaticus one vnce, Ireus one vnce, Lignum aloes two vnces, Cloues one vnce, Cucubes one vnce, Graines one vnce, long Pepper one vnce, Spignard one vnce, Pace one vnce, Amis amonium one vnce, Sugar half a pound, Alkenet two vnces, Olibanum, Pastick, Basill seede, Sparierum seed : of all these halfe an vnce, and do by the drawing of this water of health in all respects as by your Aqua composita, your flowers and hearbs must be dyed, and shed on a chopping board a good handfull of each at the least, and your Aniseede must be well beated and dusted, and your Licoris must be scraped and sliced cleane, and then all the rest of your other spices and seeds must be beaten fine in a brasen mortar each to his quantity. Also you may put therto thre grains of ciuell Musk, for it will make it to drink the moze plesanter, and for diuers infirmities this water is good, as to breake wind in the belly, for them that cannot relish or digest their meats, and for diuers other cold causes, this water will make a man to liue long, and to keepe and preserve a man long in health, and to make a man to loke young againe.

For to make pety Balme.

¶ Take fine meat oyle a pint, and put it in a clean pan, and seth it well ouer the fire, then do thy hands in cold water and let it drop thereon and it will creame, and when it leaueth creaming do it to the fire againe, and let it seth well, and do so thre or foure times with your hands, then take halfe an vnce of Pasticke, as much of Frankensence, as much of Rosen, a quarter of an vnce of Verdigreace : make all these into powder

ff.

by

## The Pathway to health.

by themselves, then doe them into the oyle, and let them sethe well together, and stir it well and skim it cleane, then let it coole, then doe it in a pewter vessell, and this is a good baline.

For to make aqua vitæ perfectissima, per G.K.

¶ Take the roote of Sapifrage, Persly, Alisander, Fenell, Lime, Slope, Peniriall, Rosemary, Lavender, Primrose, Spints, Rue, Betony, Hauain, Sage, Auence, Calamint, of each of these hearbs halfe a quarterne: then take Calingall, Pepper, long Pepper, Cloues, Nutmegs, of each of these one vnce, of Canell, Pace, Cucubes, of each of these two vnces, Setwell, Bellitoy of Spaine, Lignum aloes, of each halfe an vnce, stamp thy hearbs, and pouder thy spices, and doe them in a gallon of good red Wine, and mingle thy hearbs and spices together in the Wine, and let them stand all a night in steape, and on the morrow distill them into a Limbeck: this water hath many faire vertues, and it comforteth man or woman, and helpeth them from all maladies that be cold.

Also it is hot at the first distilling, and at the third distilling it helpeth man or woman in their kindly heates.

Also it comforteth a cold stomack, and destroyeth both scabbe and scall.

Also it healeth all olde sores if it be kindly vsed, it is good for the deafnes of the eares by putting a little thereof into thy eare: it driueth away the stinking of the breath.

Also it is good for the falling euill, & for the palsie in the tung, for that palsie maketh a man sodainly dombe.

Also it healeth the palsie of other members that trembleth.

Also for biting or stinging of Scorpions or Adders, or other venemous beasts, for no venom can come nere vnto it.

Also it is good for the toothache of cold rewme, and for a cold feauer being drunk befoze the axis: it is good for to wash the emerods and old sores called Noli me tangere, and for the Collica passio, and who so drinketh it for the vanitie of the head: it also healeth the saucedume in the face.

Also

## The Pathway to health.

112

Also it purgeth the stomack of all corruptions and for stone, and for all gowtes, it destroyeth the gnawing within the belly, and suffereth no wind to breed in mans body.

To make Aqua vite for cold causes.

¶ Take good Gascoigne wine, and distill it in a glasse, or Serpentine, and that water that burneth do it by it selfe, and if it be moist it will be of moze vertue.

Also take of Ginger, Canell, Pace, Cucubes, Nutmegs, Graines, long Pepper, of each of these three vnces, and baze them in a morter, and searce them: and put these powders into the water that burneth and still it oft, and so reserue it to your vse morning and euening first and last, and this is called the most soueraine water, and mighty against all manner of cold causes that ingendereth within man or woman, and this will helpe you for diuers infirmities that is within man: this hath been proued often.

A soueraine water vsed by Doctor Steaphens Phisition, with the which he did many great cures, and a little before his death he declared the same to the Archbishop of Canterbury, and now to the benefit and commodity of all people that be well disposed.

¶ Take two gallons of good Gascoigne wine or Clarret wine that is good, or else two gallons of mighty strong Ale, and of euery of these spices a dram: take of Ginger, Calingall, Cinamon, or Canell, Nutmegs, Graines, Cloues, Anniseds, Fennell seed, Caraway seeds, Calamus aromaticus, Cucubes, Ireos, Paces, Spignard, Eoula campana, Canepithis, of each of these a good handfull, Juniper berries one vnce, and of euery one of these hearbs following a handfull, Sage, red Roses, red Hints, garden Time, wild Time, Pellitory, Camomell, Lauender, Wormwood, Betony, Plantaine, Ribwort, Bayes, red Gilliflowers, wild Parierum, Rosemary, Deganum, Rue,

## The Pathway to health.

the flowers of Secados, Peniriall, Hiltwozt, Auence, Cowslip leaues, Primrose leaues, and flowers of screeby grasse, Strawbery leaues, Tuffon, beate all these spices, and stamp all these hearbs, and put them in the liquoz aforesaide, and put a little Huske therin, and let it stand twelue houres infused, and stir it oftentimes, then still this water in a Limbeck close stoppt that no ayze come out of the pot, and with a small fire keepe about it that it come not too fast forth, and keepe the first water by it selfe for that is best. Also the second pint by it selfe for that is also good but not as the first is. Also you shall receane a third pint of that water of these thre gallens, but your vnice of Alkenet must be for the two last waters to cullour it red withall, which must be in the receaner with some Sugar, and some Cinamon, and you may keepe this water these seauen yeares, and it will be in his full strength and operation.

The receite of the water called Aqua mirabilis et pretiosa, made by Doctor VVillowby  
Physicion.

¶ Take of Galingall, Cloues, Paces, Cucubers, Ginger, Cardomomum, Putnecs, Spillilot, Saffron, Egrimony water foure vnices, and beat all these into powder the quantity of a dram and somewhat more: then take of the vnice of Selondine, and a pint of M. George Kebels water of the best and the first: put of the same water beeing well mingled in a Stillatory of glasse, and let it be stopped well and close, and so let it stand for the space of foure and twenty houres, and then distill them with a soft fire for the space of a naturall day.

The vertue of this water aforesaid.

¶ This water is of secret nature, it is exceeding good for the stomacke, it dissolueth the lungs without any greuaunce, and the same lungs beeing wounded and putrified it mightilie helpeth them, and comforteth them, and it suffereth not the body to putrifie.

Also



## The Pathway to health.

113

Also he shall neuer neede to be let blood, and this water suffereth nat the body to be bzent with choller, nor yet with melancholly nor stomot to be lift by and haue dominion aboue water, and this water mightily expelleth the rume, and profiteth much the stomack, it ingendzeth good colour, and keepeth and conserueth the visage and memory.

Also it is good for the palse, if the said water be given to man or woman labouring towards death one spoonfull, it relenteth them: of all waters artificiall there is no better.

Also vse in Sommer once a weeke a spoonfull of this water fasting, and in Winter time two spoonfulls: it is good for women that haue the greene sicknesse, and for diuers other causes: per Doctorem Willowbie.

### The receite of Cinamon.

¶ Take rennish wine a quart, or spanish wine a pint, Rosewater a pint and a halfe, Cinamon brused a pound and a halfe, let these stand infused the space of foure and twenty houres, then distill it, and being close stopped and luted, then with a soft fire distill the same softly in a Limbecke of glasse, and receaue the first water by it selfe.

Also if ye be so disposed to make the same water weaker, take thre pints of Rosewater, and a pint and a halfe of rennish wine, and so distill the same, and you shall haue to the quality of the stuffe the quantity of the water, which is thre pintes: but the first is the best, and so reserue it to your vse both moyning and euening.

### To make Cinamon water another way.

¶ Take thre quarts of Muscadine, and a pound of Cinamon, and halfe a pint of good Rosewater, and so let them lye infused the space of foure and twenty houres, and distill it as aforesaid, and ybu shall receaue to the quantity as to the quality, but the first pint is the best and the chafest of all the other as is manifest practise.



## The Pathway to health.

Aqua composito for a surfet.

¶ Take Rosemary, Fenell, Slope, Time, Sage, Hoze-  
hound, of each of these a handfull, Veniriall, Pints, Marie-  
rum, of each five crops, a roote of Enula campana. of Licoris,  
Anised brused, of each two vnces, put all these to thre gallons  
of mighty strong Ale, and put it into a brasse pot ouer an easie  
fire: and set the Limbeck vpon it, and stop it close with dow or  
Past that no ayre doe goe out, and so keepe it stilling with a soft  
fire, and so preserve it to your vse as neede requireth.

To make water of life.

¶ Take Balme leaues and stalkes, Borne leaues, and  
flowers a handfull, of Rosemary, Turmentile leaues and roots,  
Rosa solis a handfull, red Roses a handfull, Carnations a hand-  
full, Slope a handfull, a handfull of Time, red strings that  
grow vpon Saucery a handfull, red Fenell leaues and rootes a  
handfull, red Pints a handfull: put all these hearbs into a pot  
of earth glazed, and put therto as much white Wine as will co-  
uer the hearbs, and let them soke therein eight or nine dayes:  
then take an vnce of Cinamon, as much of Ginger, as much of  
Nutmegs, Cloues, and Saffron a like quantity, of Aniseds a  
pound, great Raisons a pound, Sugar a pound, halfe a pound  
of Dates, the hinder part of an olde Coney, a good fleshy run-  
ning Capon, the flesh and sinewes of a legge of Butten, foure  
young Pigeons, a dozen of Larks, the yel'cs of twelue Eggs,  
a loafe of white bread cut in sippets, Muscadell or Bastard  
thre gallons, or as much in quantity as sufficeth to distill all  
these things at once in a Limbeck, and thereto put of Methri-  
datum two or thre vnces, or els with as much perfect Treacle,  
and distill it with a moderate fire, and keepe the first water by  
it selfe, and the second water alone also, and when there com-  
meth no more water with strings, take away the Limbecke,  
and put into the pot more Wine vpon the same stuffe, and still  
it againe and you shall haue an other good water, and shall so  
remaine good. In the first ingredience of this water you must  
keepe

## The Pathway to health.

114

keepe a double glasse warily, for it is a restorative of all principall members, and defendeth against all pestilentiall diseases, as against the Palsie, Dropsie, Splene, yellow or black Jaundise, for wormes in the belly, and for all agues be they hote or cold, and all manner of swellings and pestilentiall sorowes in man or melancholly and flegmaticke, and it strengthneth and comforteth all the sprites and strings of the braine, as the hart, the milt, the liuer, and the stomacke, by taking thereof two or three spoonfulls at one time by it selfe, or with Ale, Wine, or Beere, and by putting a pretty quantity of Sugar therein: also it helpeth digestion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightily helpeth and easeth man or woman of the paine of the hart burning, and for to quicken the memory of man: take of this water three spoonfulls a day in the morning, and an other after hee goeth to dinner, and the third last at night.

### The electuary of life.

¶ And if a man be sicke at the stomack or in the belly, or at the hart, or in the head, or were bitten with any venomous cuill beast, or poysoned, and a man were by the way trauelling, or in the house, and he had all these sicknesses, so that he had with him this Lectuary that is made of foue things to cate thereof or drinke thereof in water three or foure spoonfulls, he should by Gods helpe be quickly whole, so that hee vse it for fiftene dayes following: and when he goeth to bed least he should not be whole of all his sicknesses in the body, and if he should drinke the oftner in a day the better: and these be the foue things, to make this electuary with: Scordoglio, Mace, Gentian, Cardore, and Illaor, as much of the one as of the other, and damp them, and craige them, and mingle them with honey that hath bene well boyled on the fire and scummed cleane: and this is the making of this Lectuary, and when as need requireth you may vse it as is directed.

## The Pathway to health.

A good powder called the powder of life.

Take the seede of Smallage, and the bones of a Housle, and the roote of Turmentile, the roote of Quintfoile, and the roote of Philopendula, the seede of Gromwell, and the seede of Sapifrage, the seede of Alisanders, and the seede of Solowhistle, of each of these seedes a like much, and then take Licoris and Galingall, Cannell, and Ginger, of each a like much: then bray them in a mōster, and mingle them together and use therof, then doe thereto a quantity of Auence, of Saffron, and a quantity of Maces, and this is the making of this powder for all manner of sickness in mans body or in the wombe, or if a man be overcome by the way, it will destroy all manner of poison and venome, and the dropsie, and palse, and also the swelling about a mans hart.

## FINIS,

*Handwritten text in a cursive script, likely a continuation of the medical treatise or a separate recipe. The text is written in a dark ink on aged paper and is somewhat faded and difficult to decipher. It appears to be a list of ingredients or a description of a preparation, mentioning various herbs and their uses. The text is written in a cursive script, likely a continuation of the medical treatise or a separate recipe. The text is written in a dark ink on aged paper and is somewhat faded and difficult to decipher. It appears to be a list of ingredients or a description of a preparation, mentioning various herbs and their uses.*

# A Table of all such matters as are contained in thys Booke.

<b>F</b> o2 all parts of the head, and the diseases thereof.	Fol. 1
Very good remedies fo2 them that cannot sleepe.	9
Fo2 all manner of paine in the eares.	10
Fo2 all manner of diseases in the eyes.	11
Fo2 the diseases in the nostrils and the nose.	15
Fo2 the diseases conuining by tooth-ache	16
Howe to keepe the teath cleane.	18
How to helpe the paine in the gums & the blæding therof.	18
Fo2 blysters in the month, and swelling of the lips.	eodem
Howe to helpe a stinking bzeath.	20
Fo2 the tongue, and the palsie thereof.	20
Fo2 to doe alway sunne-burning.	21
How to helpe all manner of red pimpled faces.	22
How to helpe any one that is iawfalne	23
Fo2 choller and shortnes of bzeath.	eodem
Fo2 a hoarce voyce and to open the pipes	eodem
Fo2 a soze thzoat, and fo2 the Quinsie in the thzoat	24
How to helpe all manner of colde Coughes	25
How to stay a vomit, and how to make one cast.	27
How to prouoke a good appetite	28
A remedy against the shortnesse of bzeath.	eodem
Fo2 griefes in the armes and hands	29
Fo2 all kinde of diseases in the stomake	eodem
Fo2 the paine of the Bulke	32
Fo2 spetting of blood	eodem
Fo2 all manner of paine o2 incombzances in the bzeast.	33
A remedy against hart-burning	35
Remedies against swoounding.	37
Remedies against the paines of the liuer, the lunges, and the diseases of the milt.	38
Against all paines in the gutts and belly.	eodem
Against the diseases conuining of the Splene	39
Fo2 paine in the sides, and fo2 the plurisie	45
¶ G	Against

## The Table.

• Against all aches in the backe, and paine in the raines.	46
• For all manner of impostumes in the body	48
Against the disease called the Gother.	codem
For all manner of paine in the priuie members	49
• Howe to helpe the fundament and the piles.	54
For to helpe the piles and Cineroids.	codem
For euils in the flankes	57
Against all manner of paine in the knees	codem
Against all aches in the legges.	58
• Against the paine in the secte, and for cornes on the toes.	59
Certaine necessary rules for purging and letting blood.	62
Against all diseases thzough the body, beginning of agues	63
• Against all manner of hote or cold Agues.	64
Against all manner of aches in the bodie	65
• For a man that is broken.	codem
For all manner of broken bones.	66
Against burning with Gun-powder, or scalding	67
Against all manner of bruises	68
A present remedy for to breake a botch.	codem
For the byting of a mad dogge, or the biting of any venomous beast, or Serpent.	69
• To helpe one that is in a consumption	codem
How to helpe the Sciatica passio.	71
To helpe the Crampe, and to haue a good colloure	72
Against the Canker, a speciall remedy.	codem
• Against the Collick and the stone diuers remedies	73
Against the Collica passio, and for costiffenes.	codem
• Howe to helpe the Dropsie in a man or woman	74
For a Doymitorie	codem
Howe to drawe a bile from one place to another	codem
To drawe a Dart out of a mans body	75
Howe to helpe the falling sicknesse	codem
To cure a Fistula	codem
Howe to stop a fire or laye.	76
To drawe fire out of any soze, and to fret away dead flesh.	77
• Against all manner of Goutes.	codem
Against	

## The Table.

Against the greene Sicknes, and gnawing oꝝ aking of ioynts, diuers remedies.	78
Against heate in the body.	79
Remedies against the black oꝝ yelless Jaundies	eodem .
Against all impostumes in the body	80 .
To destroy all itches oꝝ breakings out	eodem
To destroy a Letter oꝝ Ringwoyme	81 .
For the kernels, oꝝ Kings euill.	eodem
For the laske.	eodem
Diuers remedies for the Leprosie	82
Howe to make a man leane	eodem
Remedies against the paine in the lunges	eodem
Remedies for the Poxpew, either white oꝝ blacke.	eodem .
To cure a Barmole	83
A maturatiue to ripen a botch oꝝ bile.	eodem .
To make Peruaile for all akings	eodem
To make of diuers sorts of oyles, and to knowe which be hote and which be cold.	84
To make an oyle for diuers purposes.	eodem
To make oymments that be greene	86
To make diuers precious oymments	eodem
To make a medicine against the pallsie.	eodem
To helpe the pricking of a thorne oꝝ needle in any ioynt, and the hole be stopped.	87
To make a preparatiue	eodem
To make a Pelliliet plaister	eodem
To make the powder of life two wayes	88
To make the Philosophers Stone, so called, by reason of the sundry vertues thereof.	eodem
Howe to make Aurum potable.	eodem
To make the blacke plaister two manner of wayes	89
To make the plaister called Flos vnguentorum.	eodem
Howe to make the golden plaister, which healeth all bruises of baines oꝝ sinewes	90
To make a plaister called Gratia dei maior et minor.	eodem
To make Methydate against poyson oꝝ pestilence.	91
G g 2	To



## The Table.

To make pilles for poyson.	codem
Against the plague or pestilence a remedy	codem
A remedy for a man that hath drunke poyson	codem
• To cure a King-worme or Letter	92
• A good restorative to restore a mans nature, and to helpe them that are weake and decayed.	93
A restorative of Rosa solis.	codem
To restore a man that is brought low	93
• A souveraine salve to heale all sores and wounds.	codem
A salve for to bzing sores that rankle and ake into theyr owne kinde, and to cease the burning or aking	94
A salve for a newe cut that will not leaue blæding	codem
A salve for all sores.	codem
A very good salve to heale a newe hurt	codem
A very good salve called Incarnatiue, to bzing fleshy.	94
To make a salve to draw and heale	95
To make a salve for any olde sore	codem
To make a salve that is a pæcious oynment for all kindes of woundes and bꝛuses.	codem
For the salt humoz.	96
Howe to heale any sore or cut.	codem
An oynment for all manner of sores, cuts, and swellings, and for any great heat.	96
Howe to skinne the flesh that is raw.	97
Sundry medicines to heale scabbes	codem
A very good oynment to doe away scabs and itching.	97
Remedies to cure the shingles	98
To helpe the shynking of the sinnewes	codem
An oyle for sinnewes that be shꝛunke	98
Howe to knit sinnewes that be broken	codem
Diuers remedies to staunch blood	99
Against any kinde of swelling that cometh suddainlie into a mans limmes.	codem
To staunch blood when a Paister baine is cut.	codem
For to make one slender	99
• A very good remedy to bꝛeake the stone	100



## The Table.

Against the Strangurie and Diffury	101
Remedies against the Stone and Strangulion	eodem
Remedies against the Difficke, well proued	eodem
To make Breakle	102
How to make the golden treat that healeth all byrnes	eodem
An excellent way teaching how to make the white treat, called Apostolicon.	eodem
Howe to make the treat called Emanuell	eodem
To make a good treat, called the greene treat of Iane	103
Another treat called Gracia Dei.	eodem
To make a very good treat for wounds	103
To make a greene treat for a greene wounde, which is a speciall good remedy	eodem
Howe to make a treat which will endure a hundred yerres, being very good for all aches in the bones, and excellent for to help the sinewes.	103
To make a treat called Drycorie.	eodem
Howe to make Vnguentum album, two waies	104
To make Vnguentum popilium	eodem
To make Vnguentum gepiaticum	eodem
To make Vnguentum ruptorum	104
To make Vnguentum versilium.	eodem
To make Vnguentum delerofica.	105
To make Vnguentum genuest.	105
To make Vnguentum penatum	eodem
A very good oyntment to heale wounds	eodem
A drinke made of balls to heale wounds	105
Very good remedies for all manner of wounds.	106
Remedies how to heale wounds and broken bones.	108
To make an oyntment sanatiffe for wounds	108
Howe to heale all old wounds	109
A red water for soze wounds, either old or new	eodem
A Water imperiall for all wounds and Cankers	109
Another way how to make water imperiall.	eodem
Very good remedies to doe away Warts.	110
Remedies to doe away a Wenne	eodem

## The Table.

Howe to helpe one that is blaſſed	110
Very good remedies to helpe the Kewme	eodem
A ſoueraine water againſt mellancholic.	eodem
To make artificiall oyle of Balme for wounds	eodem
A greene Balme to incarnate wounds, and to dry up filthie blcers.	112
To make an artificiall Balme.	eodem
The receit of the water of health	eodem
To make petty Balme	113
To make Aqua vitæ perfectiſſima.	eodem
To make Aqua vitæ for cold cauſes	114
To make Doctoꝝ Stephens water	eodem
To make Doctoꝝ Willowbies water, called Aqua mirabilis, very neceſſary for diuers purpoſes.	115
To make Cinamon water two waies	eodem
To make Aqua compoſita for a ſurſet.	115
To make the Water of life	eodem
To make the electuary of life.	116
To make the powder of life.	eodem

The end of the Table.

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on which 2. boxes removed at night in a winter  
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